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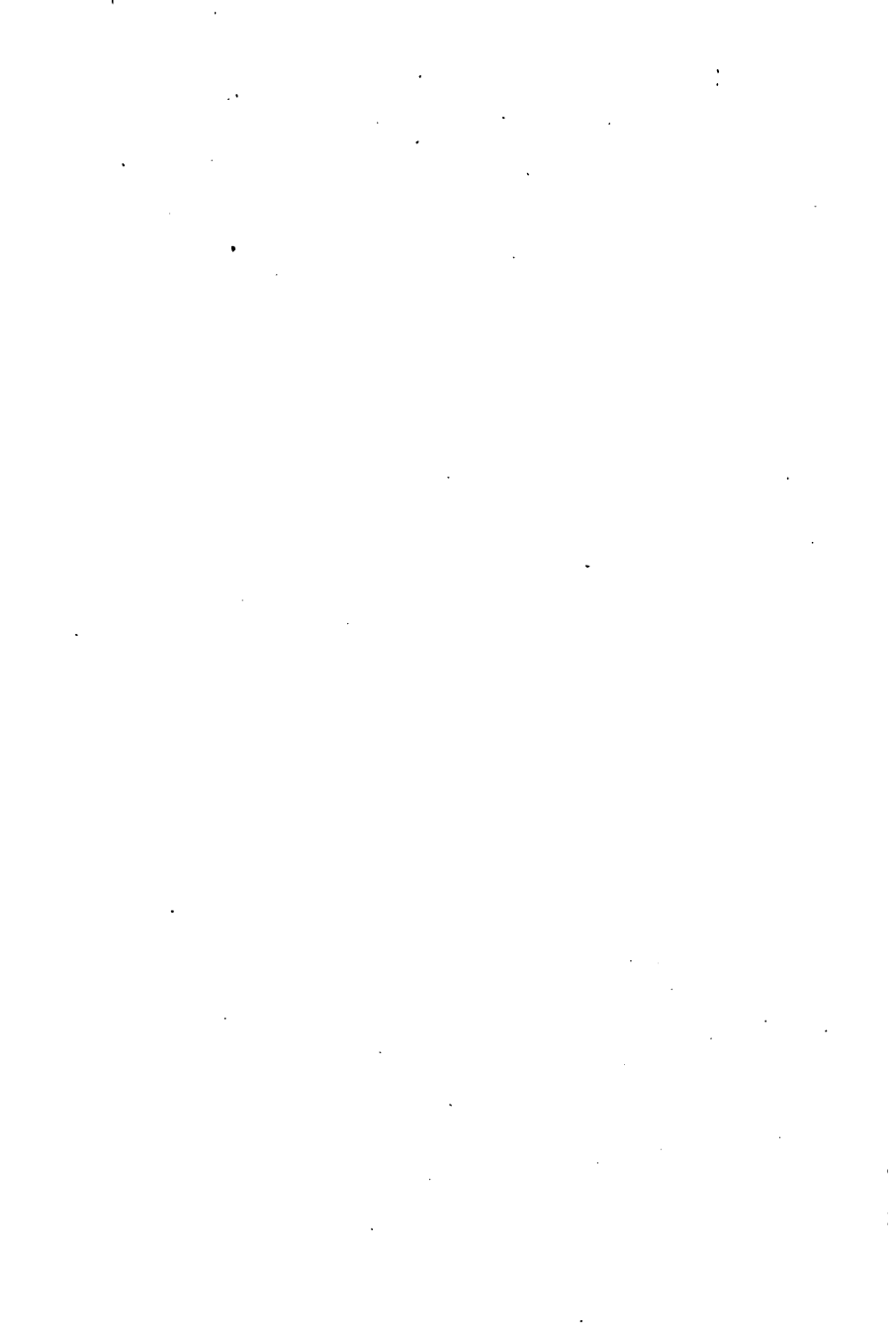
BLOOD
AND
BREATH

GOODMAN'S POCKET HYGIENE

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... Broadway, N. Y.

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COLLEGE OF THE CITY OF NEW YORK,
June 5th, 1875.

Engaged as I am professionally, on an average daily drill of hours vocal gymnastics, I find myself absolutely compelled exercise the outer muscles of the body, as well as those directly connected with the lungs and vocal chords, not only to give harmonious development, but to actually prevent wear that might otherwise ensue by unequal and predominant employment.

I have tried Indian Clubs, Weights, Dumb-bells, Chest Expander and have resorted to appliances of my own, but I have discarded all of them in favor of your "Exercising Tube," which seems to what I have desired, and I constantly recommend it to pupils especially the narrow chested.

I would advise public speakers and clergymen to have one constantly at hand, and by its daily use keep their chests broadened and their arms filled with power. Such persons will find it a great diffuser of the blood, and, as a sequence, what is so much desired, courage and confidence coming from the equalized circulation thus induced.

J. E. FROBISHER,

Professor of Elocution, author of "Voice and Action."

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THE
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A SYSTEM OF EXERCISE

FOR THE

LUNGS AND LIMBS.

WITH ILLUSTRATIONS FROM LIFE, TO ACCOMPANY

GOODYEAR'S POCKET GYMNASIUM.

BY

J. E. FROBISHER,

AUTHOR OF "VOICE AND ACTION," ETC., ETC.

NEW YORK:

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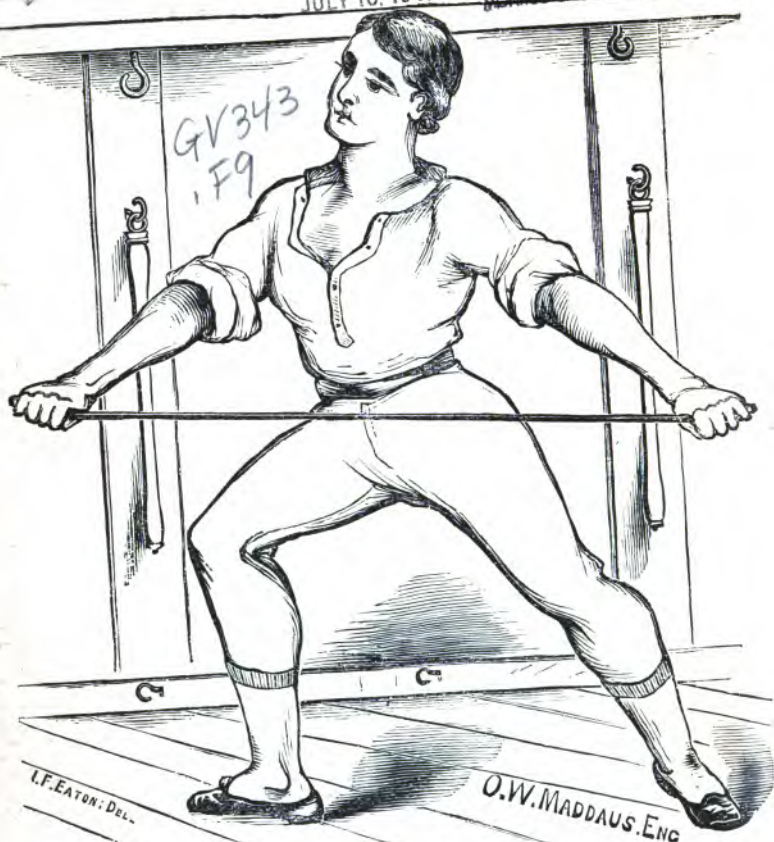
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THE COMPLETE GYMNASIUM.—YOUNG AMERICA IN CONDITION.

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P R E F A C E .

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THIS manual is the result of a sincere enthusiasm in the labor of its production.

Necessity has compelled the author to seek some means of restoring the power constantly expended in teaching Elocution.

The daily protracted use of the lungs, coupled with frequent excessive emotional effort, requires more than ordinary support, and this can be found only in a healthful muscular basis.

Even a strong foundation may occasionally be intrenched upon to such an extent as to weaken, if not seriously impair, one's whole resources.

In earnest and violent vocal effort the blood is quickly drawn from all parts of the body, and, constantly pushed through the lungs, is rapidly oxygenated and returned to find a renewal of power in the muscles. If these are not well-toned and lack a recuperative quality, then friction, and ultimately wear of the entire system, is the result. We see this evidenced especially in clergymen. It has been in a measure a personal experience, and the prevention of this tendency has been a constant study.

Various have been the expedients resorted to, such as Indian-clubs, dumb-bells, and other appliances, in

order to effect this. But it was only after experiments had been made with GOODYEAR'S POCKET GYMNASIUM that satisfactory results were attained. It seemed to contain all that could possibly be desired. It was strengthening far beyond mere restoration, and was, besides, a source of endless movements, not stiffening to the muscles and rendering them rigid and inflexible, like many other instrumentalities; but, being, like the muscles, elastic, it naturally kept them so. It also added suppleness. It was exercise of the true kind. This work is a combination of vocal and physical exercise, as indicated. The first part is devoted to the external muscles, the second to the internal. Thanks are due Mrs. E. F. Ellett, Mrs. P. L. La Barre, Miss Ella Dietz, and D. Legare, for MS. selections. It is not the broad chest alone, but the robust voice that indicates true health. It should be LUNGS, as well as LIMBS. Hence the title, BLOOD and BREATH.



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LUNGS AND LIMBS.

RARELY if ever do the more sturdy of athletes become actors or orators, from the fact that sensibility is absorbed as muscle is forcedly enlarged, for the blood from the brain goes to give size to the arm and chest. We see this exemplified to the extreme in prize-fighters. Elasticity of movement is also slowed to such an extent as to retard expression, and consequently prevent those electric, instantaneous flashes, so absolutely needful in the higher range of eloquence, and in those keener touches of emotion in the grander dramatic rôles. There are actors and orators of extraordinary strength—but it is natural; not forced. It is well balanced. It is strength of heart and lungs as well as limbs.

Salvini is a living embodiment of this natural, brawny, robust strength, and his constant earnest acting keeps him in possession of it. His impersonation of Samson, and his still more wonderful characterization of Saul, are realities of colossal strength. We had the privilege, on this side the water, of seeing and hearing, as if from life, those master-pieces of the biblical days of old, while conservative England placed an interdiction upon them because emanating from the Bible.

Lablache, the world's greatest *basso profundo*, was another of those strengths.

Webster, America's orator, might be cited as one of those evenly balanced strengths. It was not only brawn of chest, arms, and limbs, but also power of lungs, heart and brain to massiveness. He kept part in condition by his constant practice of oratory in the open air, while on the sea-shore, or in the woods; the others by personal attention to his farm in Marshfield.

He seemed to thoroughly understand that strength of one part must be sustained by all. His bronzed face would often testify to his out-door life. He more frequently resembled, when at home, a plain countryman, than the great orator, and many amusing incidents are related of him in this respect. On one occasion, it is related that he actually took "a city chap" on his shoulders across a brook in order to see, as he expressed it, the "great Webster," but on arriving at the house was mortified to learn that this "man" was he. Many other names might be noted, but our space is limited.

The objection is not to strength, but to that unnatural quality created by forceful practices that build up and develop, oftentimes for mere show, a few parts like the arms and chest alone, to the neglect of all the rest. Such efforts may indeed strengthen, temporarily, those external parts, but the strength is not always lasting, for it is invariably acquired at such a fearful expense of the heart and lungs. The blood, in these heavier exercises is overforced in undue proportion to the outer muscles, while the inner are left to languish from lack of proper sustenance. Exercise, to be beneficial, must be general. Gymnasts overdraw the blood from the heart and seldom use their lungs, except as forced upon them by mere necessity of breathing in their more irksome efforts, and in consequence weakness of those parts is induced which ultimately ends

in rheumatism of the heart, or consumption. As a class they are not long-lived. See Dr. Hall's article, p. 21, in this work.

Among the professions, teachers are the shortest-lived, and perhaps might come next, with exceptions, clergymen.

The gymnast uses limbs alone, and makes a fine external appearance, while the teacher and clergyman use only brain and lungs. In the one we have muscle, but not genuine strength. In the others, weakness and ill-health, and neither are noted for their length of years.

A happy combination of both these classes lies in the profession of acting. Actors, as a class, with all their pernicious habits, lateness of hours among the rest, are noted for their longevity. We have authority for this in medical statistics. He uses both lungs and limbs in, generally, a well-balanced and proportioned employment. He exercises all his outer muscles, in numberless varieties of ways, in fencing, struggling, and the violent movements that frequently occur in dramatic representation. He exercises the inner by his emotions, his thoughts, his voice, and by all that appertains to speech and feeling. He generalizes all his powers. He thinks, he studies, to use the brain; he exercises the heart, the soul, in emotions; he talks, he sings, he shouts, to use the lungs; he walks, he runs, he dances, he climbs, he sometimes lifts or moves heavy objects, to use the body and limbs, or in some manner constantly exerts all his faculties. And this very exertion gives him health and longevity. He has his rehearsals in the morning, the memorization of characters at odd hours, the preparation of costume in the afternoon, besides playing at night, with a constant use of limbs, and lungs; his is indeed a busy life.

We should endeavor to imitate this as far as is just and consistent. We should not only exercise the external muscles, but give free scope to the internal. We should use the voice, we should *read aloud*, and recite selections daily, to keep the lungs in good condition. Take either the serious or comic selections found in this manual and read them, in full voice, or, what is better, memorize and recite them. Either will be found an excellent practice for the lungs. Try to act and feel what is thus read.



BLOOD AND BREATH.

It is the bright red blood in our veins that is pure. It is the breath that makes it so. The food we eat changes to blood; a part of this to bone and muscle, and exercise and air make the blood brighter, purer, the bones firmer, stronger, the muscles more sinewy and tough. Perfect health is a glorious thing and ought to be enjoyed more largely than it is. It would be the case if its simple laws were better understood and followed.

Our Food.

The food we eat is the source from whence is derived the blood. A portion of this food, as it is changed by digestion, is absorbed into small vessels and afterward changed into blood and conveyed by the blood-vessels to the heart, through the lungs, and the heart by its pulsations sends it to all parts of the body. As to the kind, quality and mixture of the food, it depends mainly on taste and experience.

Of course we should eat bread, meat, vegetables, fruits, etc., but there are sometimes features in our diet which demand special attention. For instance, as a general thing, we do not eat enough of the coarser kinds of bread; like the brown, rye, and Graham. Young people especially should be watched at the age when growing, and be taught to relish such food as is best for them. If parents wish them to have firm

bones, and sound teeth, they should accustom them to eat, in part, coarse food. To secure freshness and ruddiness of complexion, and prevent scrofulous condition, diseased joints, enlarged glands, sore eyes, and even consumption, fat should enter liberally into their eating. If prejudice exists, it should be overcome, or the consequences indicated will follow. Judgment must be used as to amount and the need of it.

The kinds of food which keep the body in the best condition are oat-meal, rice, hominy, coarse breads, potatoes, peas, beans, beef, mutton, venison, eggs, chicken, fish, milk, stewed prunes, stewed apples, ripe pears and peaches.

Meats and fish should be roasted or baked, never boiled, potatoes stewed or baked, never fried.

SALTING injures meat, by drawing out the juices. Too much salt is not healthy. Sometimes raw meat is eaten even upon the recommendation of physicians, but there are frequently little worms in meat which change in our bodies into other kinds and occasion frightful diseases.

People have been known to have had fifty thousand worms in one inch of their flesh from eating raw meat. These minute thread-like creatures have penetrated every part, even the eyes, and caused death.

APPLES.—By a careful analysis it has been found that apples contain a larger amount of phosphorus, or brain-food, than any other fruit or vegetable; and on this account they are very important to sedentary men, who work their brains rather than their muscles. They also contain the acids which are needed especially for sedentary men, the action of whose liver is sluggish, to eliminate effete matters, which, if retained in the system, produce inaction of the brain, and, indeed,

of the whole system, causing jaundice, sleepiness, scurvy, and troublesome diseases of the skin.

ONIONS.—When they can be procured fresh from the earth, or have been kept secure from poisoned atmospheres, have excellent qualities, used with other food. If purchased from the small public markets after having passed through a number of storages or depots for provisions of that kind, they are likely to prove hurtful. Onions are peculiarly sensitive and readily absorb disease, especially febrile, by contact. Persons, therefore, entering a public mart where these vegetables are exposed for sale, and carrying with them any infectious disease, impart it to them, and the onions in their turn impart this to a greater or less extent to whoever eats of them.

They should by no means be dispensed with, but greater care should be used as to condition when eaten.

CONSTIPATION.—With fruits and vegetables we can always keep the bowels regular and prevent even the tendency to constipation, thus avoiding the use of disagreeable and sometimes injurious medicines. To eat or drink beyond the requirements of the natural appetite, is a great error, for the digestive organs will not convert more food into blood than is requisite to supply the needs of the body.

CHEESE is not a very digestible food, but a little makes other food digest.

MILK is the best of fluid foods, and in quality is very much like meat, and when new has all the kinds of food required by the body.

Our Clothing.

The amount and character of clothing depend entirely upon the physical condition and the weather.

Persons differ as they do, or do not, perspire freely, and as their skins are sensitive. One who perspires readily needs flannel to prevent taking cold, whilst one who has a dry skin may wear cotton underwear. If there is too much warmth the body becomes relaxed, and the health impaired. If there is too little warmth, the body becomes wasted by loss of heat. The rule above all is, to keep the feet warm and the head cool. The absence of a sufficient degree of heat often induces death. The clothing should be kept, at all times, dry. There would be less rheumatism if people would, when exposed to rain, change their wet clothing as soon as possible. No person should sit, at any time, in damp clothing, or sleep in a damp bed.

Have the clothing loose, also the boots or shoes, so as not to impede the circulation of the blood.

Parents should sufficiently clothe the lower limbs of children; thousands are sent to untimely graves in the mistaken idea of rendering them tough by exposure.

Bathing.

CLEANLINESS.—It promotes health, improves the personal appearance, and removes causes of offense to self and others. The skin throws out matters which the body does not need, and must get rid of, and these are removed by bathing.

Cold baths, properly taken, harden the skin, and make one less liable to take cold. It is necessary, however, to use reasonable caution.

If at any time, by undue exposure, a cold is contracted, great relief can be experienced by mixing a handful of common salt in about half a gallon of water, and bathing, especially the chest and back, and rubbing briskly with a coarse towel, and subsequently

using the flesh-brush. Over-use of the latter causes skin-eruptions, and it must, therefore, be used with judgment.

The head, to be kept free from dandruff, should be bathed at least once, if not twice, a week, and rubbed dry. No oil should be used.

The Brain—Study.

The student takes too little exercise, eats too little food, looks pale and thin, and is weak, tending to consumption. He cultivates mind, but fails in common sense, and injures both body and mind.

Two hours' mental work and half an hour's physical and vocal exercise, would be a golden rule.

In youth, it is desirable to follow a system of gymnastics, so that the body may be held erect, and rest well on the hips, the legs lifted and thrown well forward in walking, the head erect, the chest open, the shoulders back, the lungs filled by deep inspirations.

Public Recreation.

In most other countries than ours, recreation, amusement, and open-air pastimes are indulged in by the people at large. In "merrie England" whole days of general hilarity are quite frequent, and great masses of men, women and children gather to enjoy themselves. Their excursions and picnics are not merely such, but mirthful, romping games are intermingled with them. In Scotland, during the warmer months, it is an universal custom, among even the better classes, to challenge parties at the game of Golf, and well-bred ladies as well as gentlemen follow the contestants for even a number of miles, to witness the amusement. The open country areas are sometimes covered for a great distance the entire day with those of an exer-

cising turn of mind. Besides this they have among the humbler classes the more sturdy kind of games. In Ireland the same spirit prevails, among the gentry as well as with the peasantry. With the latter it is generally of a wild, rollicking character, in which dancing is largely blended.

In Germany, Switzerland, France, and many other countries, the people give great latitude to amusement and to exercise of all kinds. They sing more, they laugh more than we do. They live much in the outer air, even in the winter, and are healthier and stronger for it. The Germans are a singing nation, and rarely, if ever, die of lung diseases. We are a nation of consumptives.

We may have the game of Base Ball, and formerly had that of Cricket; and we may have Rowing Regattas; but these are, in the main, confined to local clubs. The people at large only gaze wearily on.

We have alluded to the games of other nationalities, which the people as a mass enjoy. Besides these they are universally taught the use of the broadsword, are skilled in fencing, wrestling, and have kindred other forms of training, which give a more erect, graceful, and manlier carriage.

Our people, by reason of greatly extended travel of late, which tends to intermingle nations, have observed the great difference, and are gradually turning their attention, more and more, to the subject of exercise and open-air recreation. Our Central Park is an outgrowth of this spirit. We are beginning to learn that even in large cities, with wholesome food, plenty of fresh air and cheerful exercise, people can be healthy.

There is something natural, after all, in exercise, and it cannot be better illustrated than by the following tid-bit:

One of our prominent lyceum lecturers had occasion to take an early morning train from an inland town to be able to meet his next engagement. As he stood on the platform of the station in the keen crisp air, he observed a man at the other end, dancing and capering about in the utmost possible glee. At times he would shout, and clap his hands and bound from the flooring as beset with unseen spirits. Our lecturer thought he might possibly be some "maniac," and cautiously approached him to find out the reason, if any, of such an unusual demonstration at so unlikely an hour. He quietly asked, "What is the matter with you?" The man continued his eccentric capers, but yelled out at the same time, "*Golly, I feel good!*"

Indoor Exercise.

There are times when, by force of weather and other circumstances, it is not agreeable or convenient to take open-air exercise and we must of necessity have an equivalent, within doors, in the shape of gymnastic efforts, of some kind.

Recreation or amusement is absolutely necessary to health. Exertion in some form quickens the circulation, deepens the breathing, promotes perspiration and the secretions, stimulates digestion, arouses dormant parts and thus helps the body not only to take food but also to get rid of that which is not required.

CONSTIPATION. Physicians concur in the fact that indigestion, dyspepsia, constipation and similar ailments are brought on, especially by women, in ninety-nine cases out of a hundred, from want of exercise.

It requires two hours of daily out-door exercise of

some kind to preserve ordinary health. We know of a doctor recommending exercise as curative even of bronchitis, and the patient procured a Goodyear Pocket Gymnasium.

The increase of the vital actions by exertion creates greater action within the body, more food is consumed, and the higher the health generally. With sloth there is, reversely, less vital action, and less health. There is a restriction, however, as to exertion.

The best time for great exertion is two hours after a meal. Soon after a full meal it is injurious. Violent or rapid exertion made by children is bad, but when considerably done is beneficial. Those who bend forward, should try to sit or stand upright. Proper exercise will regulate this.

Mankind at best are lazy, and hate work, they dislike anything that seems like work. They only exercise because they wish to be healthy.

Sedentary persons become very tired and exhausted at the end of the day, and, though they greatly need it every day, are usually the least inclined to recreation. Men must exercise, must play, to unbend the mind. But this must not be overdone, for it is possible to induce exhaustion and disease in its turn instead of health. True exercise is that kind that can be reasonably prolonged, not the violent.

When the exercise is taken within doors, we should see well to the

Ventilation.

Thorough ventilation is necessary to the preservation of health. We preserve life without food for a considerable time, but keep us without air for a very few minutes, and we cease to exist. It is not enough that we have air; we must have fresh air. "In the

act of respiration, a certain portion of the oxygen contained in the air inhaled into the lungs, is converted into carbonic acid—a substance which acts as a narcotic poison—and hence in a confined apartment, is soon rendered by breathing alone not merely incapable of maintaining life, but highly destructive.” That vitiated air produces stupor, depression of the feelings, headache, and predisposition to take cold, is proved by very slight observation; and upon few things is enlightened medical experience more unanimous than that it either causes or greatly aggravates the most malignant diseases, such as *fevers, inflammations, infantine maladies, cholera, scrofula, and consumption.*

The ascent of foul air to the top of the room dictates its exit in that direction, rather than low down. It is conceived by some that the carbonic acid of the breath, from its greater weight, must be chiefly at the bottom of the room; but this is a mistake.

In order to properly ventilate an apartment, the window-sash should be raised from the bottom to let in the fresh air, and lowered from the top to allow the foul air to escape.

CATARRH.—As this is so common, and yet so dangerous a complaint if suffered to continue, it may not be out of the way to speak of it. It is induced by remaining in dry, hot atmospheres, made so by furnace-heat, until the pores are unduly opened, and then changing suddenly to the cold outer air which contracts them. The nostrils are the first affected, and we have what is termed “a cold in the head.” This goes and returns until, finally, it becomes confirmed catarrh. Generous exercise, deep breathing, and practicing sounds made by the nostrils mainly, like “m,” “n,” “ng” will prove curative and even preventive in most cases. It is not advisable, however, to keep our-

selves shut up from fresh air, and live in oven-like dwellings as some appear to be.

CATARRH EXERCISE.—A capital exercise for the nostrils, to especially strengthen them against this disease, and sometimes even cure obstinate forms of it, is to gradually fill the lungs with air, and, when filled, firmly hold the nostrils with the thumb and forefinger and expand the lungs until the ears slightly feel the pressure, then removing the obstruction, burst the accumulated air through the nostrils with all the force possible. It may seem disagreeable, but it is an excellent practice.

General Habits.

As regards the kind of exercise, and the amount we should take, in most instances it should be left mainly to our own feelings. We should never fatigue. To feel tired and be able to rest from the effort is the best rule that can be given.

It is related of Harriet Hosmer that when a mere girl she was puny, weakly, and her father, to inure her frame and give her strength, bought her a boat that she might practice rowing on the river near which they lived. She also became an expert in swimming, skating and similar boy-like exercises. She was taught to sport much in the open air, and had a clay-pit where she learned "to model." In this manner she acquired those hardier attributes that have so vastly aided her in her after years as artist in marble.

We have omitted a class who exhibit the strength of athletes, and yet in quite a different manner, and we close this part with them.

Endurance.

We have quite a number of feats of strength and of endurance on record, among which may be mentioned

Weston in walking, Boynton (in his life-saving apparatus), and Webb (without appliance), in swimming, and perhaps Dr. Winship in lifting, but they are exceptional men of their kind, and perhaps not to be approved beyond other gymnasts. It is of the temporary character.

What Others Say.

BY DR. W. W. HALL.

It is not true that the more violent the exercise the more healthy it is ; it is directly the reverse, for it is a shock to the system, it is an overstrain, and to that extent is a permanent injury to the delicate organization of the body, as much as the strain on a ship or the workmanship of a watch.

As a general rule, base-ball men, cricketers, rowers, and those who have achieved victories in competitive games do not live long. Mr. John Lillywhite, the best cricketer in England, recently died before fifty, although he had a compactness of build which should have secured him a full three-score years and ten. He was a gentleman of intelligence, close observation, and good judgment, which led him to retire from the game, which he saw was undermining his constitution, and within a year after the acknowledgement he died.

It is from the fatigue and overstrain that all competitive games are injurious to the constitution. To make exercise healthful, the strength must be expended equally, steadily and deliberately. It is the plough-boy who lives to be an old man ; it is the steady laborer on the farm who may calculate on his "four-score."

The reserve of strength with which a man starts out every morning is extended in two different directions, the brain or muscles, thought or work. Thought is

the more exhausting of the two: the farmer can work from morning till night from one week's end to another and thrive upon it; the brain-worker cannot profitably spend more than six hours out of the twenty-four in working out his problems. The most successful and voluminous literary men of our time, who maintain their vigor to a good age, do not spend more than four or five hours at their desk, having found that that was the limit of their endurance and pleasurable labor.

A business man may walk home to great advantage physically, mentally, and morally, because the excitement of the day's work has been in the brain; there is a large excess of blood there, extending almost to an inflammatory condition. Exercise of the muscles draws that surplus away from that important part and is expended on their own workings; hence, when he reaches home, he feels less tired than when he left his office,—stronger, more buoyant.

He commits a grave error who, having a heavy day's work before him, gets up earlier than usual that he may have more time to do it in, because, by lessening the hours of sleep, which gives strength, he begins the day with less than the usual amount, to do more work; the certain result will be that the work will not be as well done nor as easily.—*Christian Weekly*.

The New England Journal of Education makes some sharp criticisms upon the current talk about overwork in schools:

“‘High pressure’ is a term in frequent use, as applied to the present methods of school education. The expression is well enough; but the application is wrong, for it belongs rightly, if anywhere, to the home rather than to the school training.

"When children are expected to enter polite society and adorn party exhibitions and ball-rooms at fourteen, it must be a high-pressure system which secures the precocious development. 'High pressure' in dress, in false reading, in eating and drinking, in fashionable society and high life, in late hours, and a round of nightly excitement—this is the kind that the press should hold up to public protest. It is high time that the nonsense, falsehood, and error abroad in the community were done away with concerning the slaughter of the innocents, by a few hours of daily attendance at healthy study. If our public schools are to be made the scapegoats for the sins of the people, it were well nigh time for the world to examine accusations which are so flippantly and thoughtlessly flung at them."

DR. FOSS.—"The scholar especially needs brawn as well as brain ; because, in order to be a scholar, he must pay the inevitable tax levied on every perpetual hard student, and also because the supreme practicable mental exertion, which is the business of his life, is directly contingent on the fineness and fullness of his physical forces. Let the student, then, give earnest heed to the care and culture of his body. It is the home, the instrument, the mold, and the eternal companion of his soul. Let him know that sipping gruel and languidly lounging over books until his midnight-lamp burns low, can never make him either a scholar or a man. Let him eat beef and mutton in generous slices. Let him leap into every day as into a new paradise, over the wall of eight hours' solid sleep. Let him not cross his arms behind him, drop his head, and mope along the pavement, inwardly saying: 'I am walking for exercise.' Let him stretch away over the breezy hills, with fit companions, in utter forget-

fulness of lessons and essays, and sermons, until every drop of blood in his veins tingles with the delight of mere animal existence. Let him hurl the ball, or pitch the quoit, or tug at the oar, or poise the rifle. Only let these things be done with the distinct recognition that we have a higher nature, and in such manner and measure as to do no harm to what is best and noblest in this loftier realm."

PROF. HENRY COPPEE.—"If every man would take care of his own health, we would have the best sanitary basis for all our grand objective schemes. The truest type of man, he who is to be the lord of creation, who shall put nature to every test, who shall make the experiments and discern the ideal of Bacon, is he only who has what the Latin poet prayed for—a sound mind in a sound body.

"With regard to physical health, every man who is not a fool is his own best physician. He consults his own feelings and they tell him a true story. Though knowing the health and strength of his bodily organs, it unfortunately happens that he too often overtaxes them. Our best men work too hard, because labor is the law, and because in the struggle there is no eminence without it. And with the habit of such work, comes the loss of the will-power to reform. Few men in active life and in social life sleep enough. Many of them, by overwork, injure their sleep, and the hurt body and hurt mind find no repose. So, also, many persons eat too much, and of things which do not agree with them. Others drink too much water, chiefly because the system demands it to dilute rich and fiery food. For many, coffee is not good, and many drink their coffee too strong and too much of it. Then, again, others use stimulants to a hurtful excess, especially intoxicating drinks and tobacco, and some take

too little exercise to digest their food, to make them need sleep, and to keep their organs in healthy and reciprocal action. If, in a given society, every member should scrutinize his or her daily life, rightly dividing its hours and its duties, avoiding every excess, treating doubtful luxuries as slaves, and not cringing to them as masters, and studying hygiene according to a man's own needs, we should have a marvelous revolution in that society. An epitome of the subject is found in the apothegm of Sir Thomas Brown: 'Every man truly lives so long as he acts his nature, or some way makes good the faculties of himself.' "

JOHN D. PHILBRICK.—"Of the persons born and educated in our cities within the last thirty or forty years, but a small proportion can be said, with truth, to possess a sound mind in a sound body. We have but to open our eyes to see physical imperfection and degeneracy all around us. Under the present conditions of city life, at home and at school, a child stands a poor chance to enter upon the career of life having a good physical system, a body healthy, strong, well-formed, and of good size. . . . The principal remedy which I would suggest is the introduction, into all grades of our schools, of a thorough system of physical training as a part of the school culture. Let a part of the school-time of each day be devoted to the practice of calisthenic and gymnastic exercises, in which every pupil should be required to participate. The exercises which I would recommend can be practiced without costly apparatus, and without a room set apart for the purpose; they contain all that either sex needs for the perfect development of the body, and are adapted to mixed schools, so that both sexes can perform them together."

NEW ENGLAND JOURNAL OF EDUCATION.—"*Orient*

yourself!" was a golden precept of the past, and is yet in use by a few of the transatlantic nations. It means a knowledge of one's resources; it implies power through wisdom; excellence by culture. It embodied all of strength, whether of body, mind, or spirit. The ideal was *the perfect man*. The Orient, or East, was the cardinal point from which to learn one's direction, to derive wisdom.

With us of a newer world and later day, the talismanic word is "*Westward!*" meaning, in its turn, limitless wealth, extent, numbers. Then it was body, brain; now it is domain, figures. Civilization advances with giant strides over our young republic, and like a mighty magician, leaves along her pathway the towering mart of trade, the costly church, the stately school-house, the palatial mansion; and men's hearts gladden with these multiplying signs of greatness. We invite the Old World to look at our growth, and it stands amazed and wonder-stricken at the sight. But let us reflect a moment. The pioneers of all this were men of brawny chest and muscle. They kept that primitive strength and robust health as they toiled to build them homes and cultivate the soil. But as with their posterity the precious stores are disclosed, and wealth increases, the necessity of the more general manual labor diminishes, and luxury and its handmaiden, enervation, follow. From this cessation of labor and the consequent lack of muscular energy comes ill-health, disease and death. The great mass of the non-laboring portion—the sedentary—soon show the effects arising from over brain-work, in their eagerness to be "*rich*;" and heretofore we have excited the ridicule of those nations who play more and live longer. It is, however, one of the encouraging omens of the times, and augurs well for our future, that we are seriously

turning our attention to exercise and recreation. In the larger cities, and in many of our best colleges, we have gymnasiums; college boat-clubs and the like are the outgrowth. Besides, we have many systems of "light" and "free" gymnastics, in which both sexes take active interest. Among the latter class has come one which seems to be really the best contrivance yet invented. It is "*Goodyear's Pocket Gymnasium*." It possesses all the good qualities of the others, besides having one remarkable advantage over all. It is not only cumulative and diffusive, but also reflex, owing to its elastic properties. It is action and reaction at the same time, and consequently more harmonious in action with the muscles; for they themselves are elastic. It has also a vibratory character, and while in tension imparts this to the entire body.

Professor Frobisher, a leading elocutionist of New York, author of "Voice and Action," has incorporated this into his system of vocal and physical culture, and besides introducing it with most gratifying results into several colleges and seminaries, he has prepared a work to use with it. The principle has been adopted, several years past, by the boards of education in the same city, and others adjacent, in a less acceptable form. It is used in the New York Normal College, and the City College, and also in the public schools. This improved appliance, however, is fast gaining the preference.

BROOKLYN, December, 1875.—I consider the Goodyear's Pocket Gymnasium the best system of genuine exercise I have ever met with. Especially on rainy or stormy days do I find it a welcome companion indeed, for it is then, when I cannot take my accustomed walk, that I throw open my windows and use the Pocket Gymnasium, until I find myself all aglow with the effort. I think the inventors real benefactors to their kind.

SETTIE BLUME.

POCKET GYMNASIUM.

ENOUGH has been said of the utility of this invention, and now follow directions for its use and preservation. In extreme cold weather, warm the tube slightly before using. Being made of rubber, it is likely to be affected if put in a small close drawer, and must therefore be kept where the air can reach it. By careful usage it will last a long time. If broken, however, by harshly stretching, it is likely to occur near one of the handles. The smaller portion is easily removed, and the tube made whole by forcing the handle again in place. The cord is merely a controlling check, not absolutely necessary, and can be renewed by removing one of the handles.

The single tubes are relative in their strength; but the double No. 7 can be used even by the most delicate ladies to a very considerable, eventually increasing to the most satisfactory extent. By these exercises, too, ladies not only improve their health, but their personal appearance. As a rule, American ladies are narrow-chested, and, to better their figures, they resort to heating, disease-contracting appliances of wool or cotton, in the form of paddings. These exercises broaden the chest in all its parts, dispensing with these artificial aids, while it is surely being developed from nature's own materials.

Never exercise just before or after a meal. Some of the exercises may seem too irksome at first, but prac-

tice will make them easier. Some may not seem enough for stronger men. Inventive minds can create others. By standing farther off from the hooks in No. 7, it will make a vast difference in the effort.

If by peculiar condition persons experience ill effects from any kind of exercise, they can, with cautious practice, gradually overcome those tendencies with this appliance, from its being elastic, and so like the natural muscles, and in time exercise even vigorously. If the heart beat faster than is agreeable, at such times, it is not to be a matter of fear. Gentle exercise will remove unpleasant feelings arising in this way.

SLEEPLESSNESS.—If sleepless, put on a portion of the clothing and exercise gently with a hand-tube, while pacing the room, until agreeably tired, not fatigued, and sleep will come.

CLERGYMEN AND PUBLIC SPEAKERS—Should not only regularly exercise with them, but should carry one and use it a short time before addressing an audience. The blood will be kept in easy circulation by such a habit, and the voice be more sustained and confident in tone.

As the exercises are quite different, and the tubes of varied strength, persons should use not only the single tube, but the double also. The author uses mostly the No. 7 in the double form, for the body and lower limbs, and less so the No. 6 for the arms and chest. The exercises of both generally amount to half an hour, twice, daily.

Exercises.

IN these exercises we commence with the hands and gradually advance to the arms, shoulders, neck, head, chest, body, legs, and feet until every portion of the frame is brought into complete action.

Begin moderately—never violently—breathe deeply at the same time—through the nostrils, keeping the mouth determinedly closed. Gradually increase both the physical and vocal effort until a glow is produced, and the system agreeably tired. It would be of additional advantage, although more irksome, to shout aloud, in *pure tone*, the sounds of the vowels or consonants, even words and sentences, and whole paragraphs. See “The Charge of the Light Brigade.” Recite it in full voice while exercising with tubes. The lungs in this manner will be doubly strengthened against disease and the voice made richer and fuller, and more powerful.

HALL'S JOURNAL OF HEALTH.—One of the best lifting-machines to be imagined, at very small cost.

Now we have practiced some with lifting-machines to very good purpose. But we have never been infatuated with them. We believe a set of these tubes, running from small to large, with screw-hooks set at various angles in the wall and floor and ceiling, would be far more useful to us and to a family.

These appliances leave nothing to be desired, as it seems to us. If chest, or back, or loins, or arms need exercise, this system gives it in perfection.

We keep a set of the larger sized tubes in our sleeping apartment, and use them from time to time with the keenest satisfaction. We have a set in our editorial room, and get no little genuine inspiration from their use.

Doctors and ministers and lawyers are too apt to neglect the salutary use of the muscles which imparts activity to the circulation and tone to the system. They need some simple, handy means, for keeping the blood and the digestion active. This little gymnasium seems to furnish it.

Here is the lift, and here are shoulder and arm exercises. Hundreds of attitudes may be assumed, and nearly all the muscles, external and internal, are thus strengthened and vitalized.

SINGLE TUBE.

H A N D S
A N D A R M S.

—Grasp the handles with tube across lower limbs. Brace left hand without touching the body. Pull strongly with r. h. to + at r. three to five times. In

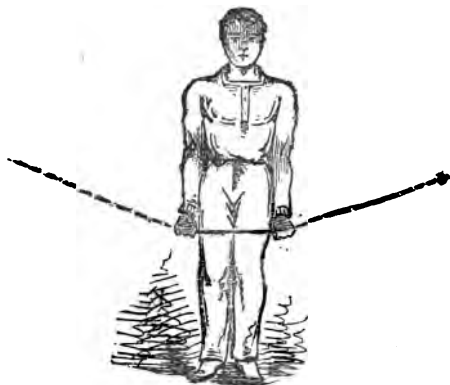


FIG. 1.

the same way with l. h. Then alternately. Finally, both hands to full extent to + +. Then turn the palms of hands with thumbs at ends of tube, and repeat the preceding exercises. To vary this, use r. h. with back and l. h. with palm forwards: then **change** to l. h. Be sure to breathe well, and to be in earnest.

GOODYEAR'S POCKET GYMNASIUM was patented in June, 1875, and a number of Testimonials were received, and a portion of them placed on the circulars advertising the invention prior to the 15th of November. Since that time many others have been sent to the inventor, showing remarkable favor and reception in so short a time.



FIG. 2.

**A R M S
AND SHOUL-
D E R S . —**
With raised
arms pull
with r. h.,
then l. h.,
then both to
+, each five
times. Now
change the
grasp of the
hands as in
Fig. 1., and

repeat the exercises. Then change the grasp again,
with one back of hand and one palm forward, and give
again all of the exercises. Now turn the backs of
both hands to the chest, the elbows pointing front,
and use first r. h., then l. h., then alternate, and then
both. Add others to these.

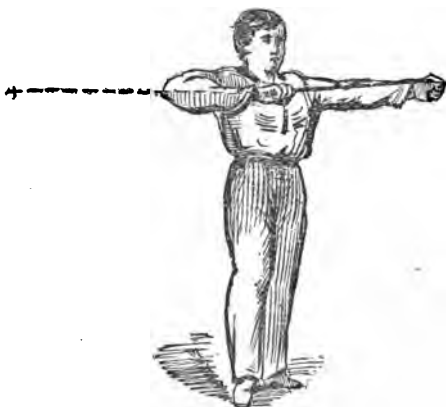


FIG. 3.

Pull with r.
h. to +. Then
change, and
with l. h. rest-
ing on chest,
pull as when
using the r. h.
Put the palms
front and pull
first with r. h.
then l. h. Then
one back of
hand, and one
palm, fronting,

and pull as before. Then alternate hands, and repeat all.



FIG. 4.

Pull with r. h. up to +, then in a like manner with the l. h. Change grasp with palms out. Then one back and one palm. Then alternate grasp. Add exercises.

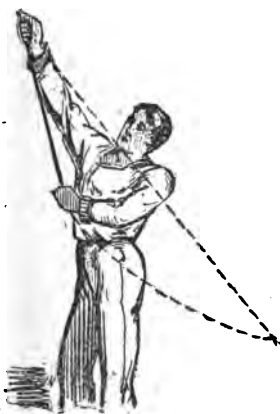


FIG. 5.

Raise l. h. and pull down with r. h. to +. Then place r. h. on shoulder and pull. Then place r. h. above head and pull down with l. h. Now change with palms as before, and pull, making up different exercises at will.

NEW YORK CATHOLIC REVIEW.—It is all as represented.

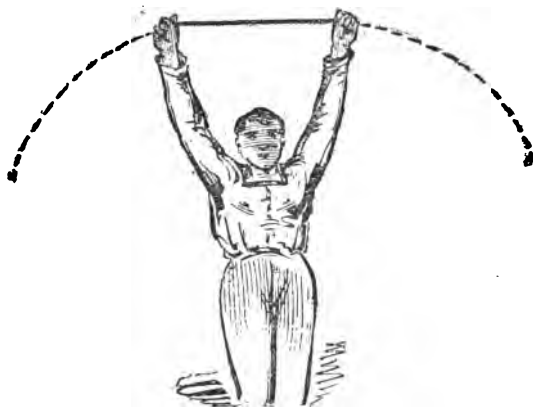


FIG. 6.

Hands high above the head. Pull r. h. only, then l. h. Then alternately, then both. Change one palm and repeat exercises; change the other, then both and repeat. Add more exercises to these.



FIG. 7.

Hands above the head. Pull with r. h. to l. + and back to position five times. Hands as at first and follow curved dotted line to r. in front of the face. Alternate the movement by carrying hands as before, but back of the head. Change the exercise to l. h. and repeat, front and back, and alternate, five times.

ARMS, CHEST, AND LOINS.—

Place tube back of the neck, r. h. on the shoulder. Stretch to extreme, five times.

Then with l. h.

Then alternate.

Then both.

Change grasp with thumbs resting on ends of handles, and re-

peat the exercises. Then alternate the grasp and repeat. Now extend the tube with both hands and swivel about from r. to l. and back; a capital exercise for the chest and loins.



FIG. 8.

HEAD AND

NECK.—

Place r. h. firmly over, and arm resting on the head, with

l. h. by side.

Pull with r. h.

above head to

full extent and

back. Then pull

up again, and

gradually rais-

ing l. h., and al-

low r. h. while

tube is full ten-

sion to follow dotted line to side of body. This brings the l. h. to + on r. of, and the l. arm on the head.



FIG. 9.

Now pull back reversely, full tension, to first position. Repeat five times.

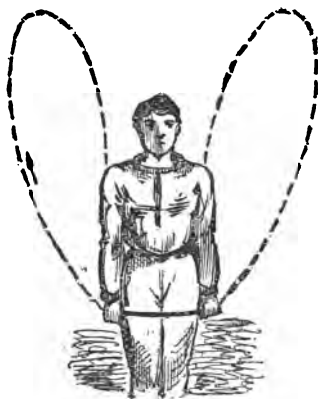


FIG. 10.

when tube is stretched perpendicularly, bend forward and backward, and sidewise, alternating the hands to vary the movement.



FIG. 11.

r. h. then l. h. back and forth rapidly.

SPINE AND LOINS.—

Hands in front. Raise both as *high as possible* and over head, following lines back of body, stretching tube to utmost at beginning and end of exercise. Arms behind the body; one resting on the shoulder, the other on the small of the back, by the hips; stretch up and down. Then reverse the hands. Then,

Hands as in Fig. 10. Carry r. h. high over head, and let it fall back of body. Then back to position; five times. Then, as before, r. h. high as possible, and back of body. Both are now behind. Bring the l. h. over head high as possible, to front. Repeat. Then begin with l. h. in the same way, and repeat all. Now alternate the entire movement, first



FIG. 12.

ARMS, CHEST, LOINS, AND LEGS.—Bend and touch below the knees, keeping the legs firm. Both hands high over the head, as the body is brought erect, and follow dotted circle to back of lower limbs. Back and forth till tired. Then bend alternately to r. and l. while bending forward and backward.

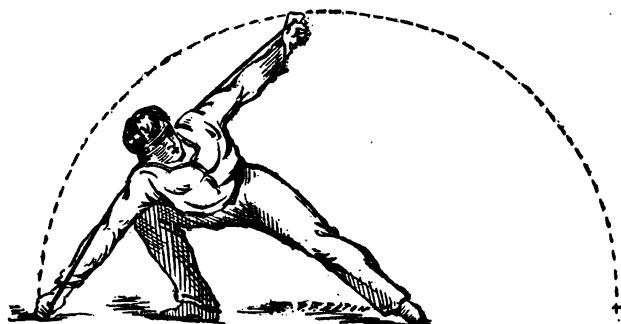


FIG. 13.

TRUNK OF BODY AND LEGS.—Touch the floor with knuckles of r. h. Then follow dotted semi-circle to l. and touch with l. h. Back and forth. Add by describing complete circle around the feet.

MASSACHUSETTS JOURNAL OF EDUCATION.—The Pocket Gymnasium is becoming very popular in our public as well as our private schools. A device so simple and efficient, and yet so inexpensive, commends itself to every one.

THE CHARGE OF THE LIGHT BRIGADE.

THIS piece is inserted especially for practice with the tubes. Motions can be invented at pleasure to use at the call of Captain Nolan, as he gives the word of command, and others with semi-mimetic vocal representation at the detonation of the cannon, the rush of the horsemen, the bursting of shells. It give wonderful scope for energetic practice of the voice, and the movements of the body.

We know of both actors and clergymen who have resorted to similar devices, to work themselves "up" and "into the spirit" of their efforts, preparatory to being given in public. An idea of this kind prevailed among the ancients. The notion is, by no means, new. If the plan is faithfully followed, great benefit will surely be derived from such a course.

HALF a league, half a league,
Half a league onward,
All in the valley of death
Rode the six hundred.
"Forward, the Light Brigade!
Charge for the guns!" he said.
Into the valley of death,
Rode the six hundred.

"Forward, the Light Brigade!"
Was there a man dismay'd?
Not tho' the soldier knew
Some one had blunder'd:
Theirs not to make reply,
Theirs not to reason why,
Theirs but to do and die:
Into the valley of death,
Rode the six hundred.

Cannon to right of them,
Cannon to left of them,
Cannon in front of them,
 Volley'd and thunder'd :
Storm'd at with shot and shell,
Boldly they rode and well :
Into the jaws of death,
Into the mouth of hell.
 Rode the six hundred.

Flash'd all their sabres bare,
Flash'd as they turn'd in air,
Sab'ring the gunners there,
Charging an army, while
 All the world wonder'd :
Plung'd in the battery smoke,
Right thro' the line they broke :
Cossack and Russian
Reel'd from the sabre-stroke,
 Shatter'd and sunder'd.
Then they rode back—but not,
 Not the six hundred.

Cannon to right of them,
Cannon to left of them,
Cannon behind them,
 Volley'd and thunder'd :
Storm'd at with shot and shell,
While horse and hero fell,
They that had fought, so well,
Came thro' the jaws of death,
Back from the mouth of hell,
All that was left of them,
 Left of six hundred.

When can their glory fade ?
Oh, the wild charge they made !

All the world wonder'd.
Honor the charge they made!
Honor the Light Brigade,
Noble six hundred!

DOUBLE TUBE.



FIG. 14.

Each person must follow the dotted line high above the head, first with r. h. then with l. h. Then alternate with both, five times.

One should raise the r. h. the other the l. h. Then raise from that position to + above the head by dotted line, and down.

Repeat five times. Raise as before + and one person stretch tube and follow curved line to side. The other do the same. Then both at the same time. Now change hands and repeat as before. Then alternate with both. Finally both at the same time. Additional exercises can be invented.



FIG. 15.

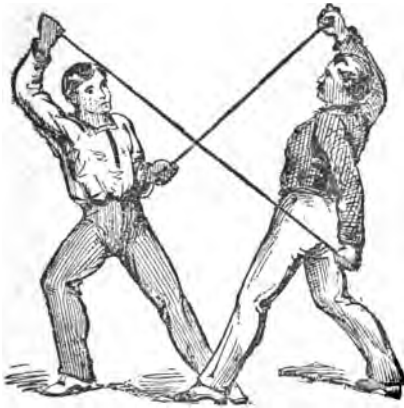


FIG. 16.

pulling. Innumerable exercises can be devised from these.

Each should raise one hand only, and the tubes will be crossed. Each pull at the same time with raised hand. Then pull with the hands at the sides. Then alternately. Then both at once. Then lean forward while

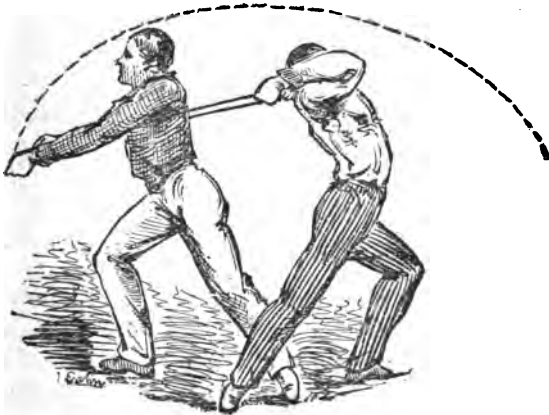


FIG. 17.

Back to back. First, each separately with r. h. Then both with r. h. only. Then with l. h. repeat the preceding. Then both persons with both hands. Then reverse positions and repeat entire exercise. In this way each receives the same exercise.

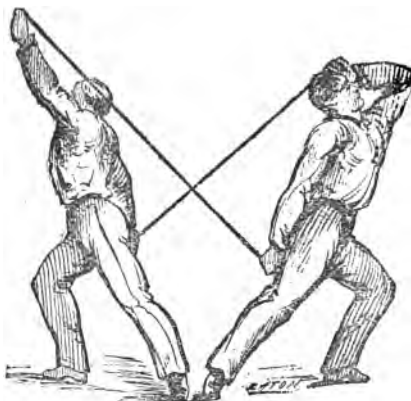


FIG. 18.

Back to back.
Each with r. h.
on shoulder.
First one will
raise r. h. high
above the head
and back, then
the other. Re-
peat, stepping for
ward at the same
time. Then step
back and let
hands come back
to shoulders as at

first. Then both persons step forward raising r. h. One pull with r. h. resting on shoulder, then the other with l. h. downward, forward. Then both r. h. Then both raise l. h. to shoulder and r. h. by side, and repeat exercise. Then both hands to shoulders and raise, to full height, each hand separately. Then both at once. Add exercises.

THE ANCIENTS.

THE Ancients were nations of actors, orators and soldiers, and devoted their attention to the culture of physical, mental and moral strength and beauty. But unlike the moderns they were models of symmetrical, god-like power of body, mind and soul. As a consequence their lives were perpetual health and greatly lengthened. With all this they were accustomed to observe details, minutiae; and given here, after such a fashion, is what might not inappropriately be termed antique exercises.

AN EPITOME OF ANTIQUE DAILY EXERCISES FOR THE ACTOR AND ORATOR.

EYEBROWS.—Raised—lowered—[*with hand motions.*]

EYES.—Wide—shut—fixed—rolling—vacant—[*will.*]

NOSTRILS.—Pinched—expanded to utmost [*with breath.*]

MOUTH.—Vertical—lateral—side movements.

MUSCLES of FACE and CHIN, in the same manner, separately.

HEAD.—Draw and relax muscles right and left, forth and back. Raise—depress—side—forward—to chest.

CHEST.—Extreme height—suddenly sinking.

TRUNK.—Bound as in joy—writhe as in great agony.

ARMS.—Gestures. (*See VOICE AND ACTION.*) Exercises with tube.

FINGERS.—Open—shut—straighten—curve—raise singly.

FEET.—Bend—natural walk—saddling—enlarged walk—cross—traverse—long steps—(body and arms) turning back—backwards.

VOCAL.

DEEP BREATHING.—Breathe, hands on head; lower hands; then emit slowly, hands on hips, “K.”

VOICE.—Breathe—mouth enlarged sound the vowels—sound “Ha!”—Explosives—“Ba! be! bi! bo!” Stride with ease and read aloud with large voice, without strain, pure, round tone, and gesticulate freely.

GENERAL EXERCISE.—Walk a mile each day as fast as possible, or run three. This will exercise very nearly all parts of the body, lungs as well as limbs.

DIRECTIONS FOR THE COMPLETE GYMNASIUM.—The hooks must be fastened in hard wood, not in the softer quality of pine, or they will work loose and come out. It is better to procure a piece of ash, or similar wood, about 8 feet in length, 6 inches wide, and $1\frac{1}{4}$ thick, ours cost 50 cents, and secure it by 4 large screws (3 in.), top and bottom and intermediate distances, to door-jam or stout partition. Put the hooks about an inch from either side of this board and they will then be 4 in. apart. The first (2) as high as you can reach and hang on the tubes, the second, the length of tube and about an inch below those, the third and fourth in a similar manner. Extra hooks can be fastened in a portable board on which you can stand, or in the floor at different distances and in various directions to suit the fancy. Additional sets to these can be fastened overhead in a broad doorway, or in the beams of a ceiling. Ways can be devised to add numberless exercises to these already given, and, if necessary, tubes of any strength and size desired can be made to order, or hooks put to either size below No. 7.



FIG. 19.

Put the tubes on the highest hooks facing them. Pull with r. h. down to +. Then with l. h. Alternate. Then both, five times. Now stand off as far as possible, and repeat. Then stand moderately off and turn the head under r. h. tube until the face is brought to the front. Then turn back and under the l. h. Now face as before and pull up and down briskly as if chopping wood.

Back to the hooks. First, r. h. Then l. h. Then both to +. Now put tubes above shoulders and down as before. Then change grasp of the hands and repeat. Change again and repeat. Now pull down behind the body, repeating movements. Now raise hands high above the head, stand well out, tube in full tension, let hands fall, stepping forward, and pull till the arms are twisted backward and the body bent forward. Then return to position by reverse movement. Repeat rapidly a number of times.



FIG. 20.

Back to hooks, arms on shoulders. Pull r. h. down to +. Then up curved line to +. Return to first + and back to position. Then l. h. Then alternate. Then both.

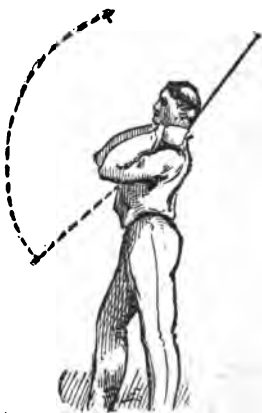


FIG. 21.

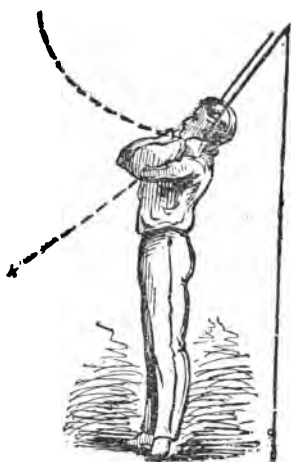


FIG. 22.

Hands as before. Pull r. h. to + and back to position. Then high up to + and back. Then l. h. Then alternate. Then both, in each movement.

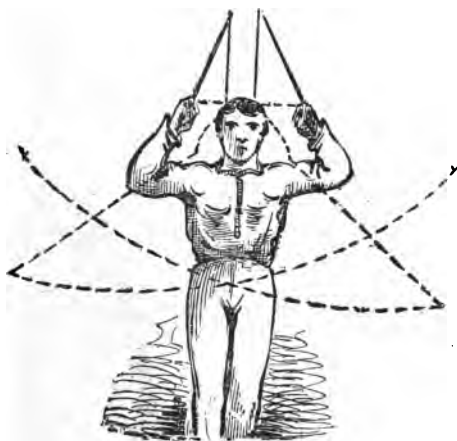


FIG. 23.

Pass r. h. over head, with tube in full tension and follow line to + l. of the body. Then follow curved line across the body to the r. Then back to first +. Then to position. Then l. h. the same

way. Then alternately. Now bring both hands over the head and out to + + and finish as with single hand.

Tubes on next hooks below. Face them and pull r. h. Then l. h. Then alternate. Then both. Now stand quite close to them, and extend the arms boldly, bend the body well down to floor. Repeat five times. Then pull out back of body standing as before, first r. h. Then l. h. Then alternate. Then both. Then raise tubes high over head in same position, and repeat.

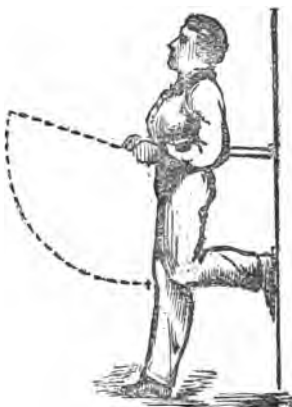


FIG. 24.

Now stand as far as possible from hooks, on tip-toe, and repeat. Then up and down briskly, constantly varying the exercises. Now back to the hooks, pull r. h. to +. Then follow curved line down. Then back to +. Then to position. Then with l. h. Then alternate. Then both. Now make circles forward with r. h. Then l. h. Then alternate. Then both. Then circles backward. This is a kind of "ROWING EXERCISE." Now tubes over the shoulders and repeat all. Then raise r. h. high up. Then l. h. Then both and add exercises.

Tubes on next set of hooks. Face hooks. Pull r. h. Then l. h. and repeat. Then back to hooks. Pull r. h. Then l. h. and invent others.



FIG. 25.



FIG. 26.

Tubes on the shoulders. Pull r. h. to + and back to position. Then l. h. Then r. h. out and follow curved line back to position. Then l. h. Then both. Then bend forward. Then backward, five times. Then sway to r. and l. Then describe a circle with the trunk of the body.



FIG. 27.

Cross the arms over the breast, with tubes over the shoulders. Carry r. h. high over the head following the line to +. Then l. h. Then the l. h. is brought back by the line to position. Then the r. h. Then both at once follow lines to sides. Then both back to position.

1290 Broadway, New York, December, 1875.—Gents: Your Pocket Gymnasium is not only the simplest and least expensive of gymnastic apparatus, but really the very best. I have made up my mind to use it daily, and hope to be able to advise its use largely among my friends.—JOSEPH DELPHIN, Jr.

Tubes on lower hooks. Face them. Pull r. h. Then l. h. Then both. Then back to hooks. Arms on shoulders, hands down the back. Pull r. h. directly up. Then l. h. Then both. Then r. h. high up follow curved* line to side. Then l. h. Then alternate. Then both. Sway back and forth and sidewise, using the hips vigorously. Now stand off from hooks, pull and sit quite down to floor and rise a number of times.

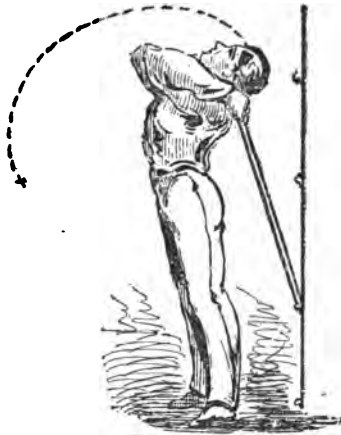


FIG. 28.*

Put one tube on one of the highest hooks and the other on the lowest. Face them and pull down with r. h. and up with l. h. Change hands and repeat. Now pull, both handles in r. h., up and down, in and out. Then l. h. Now back to hooks and repeat all. Now face hooks,



FIG. 29.

* Take a low stool and you have the Rowing Exercise. See p. 47.

and pull to full tension, standing well out, and revolve under to r. h. then to l. h. Change hands and reverse the whole movement.



FIG. 35.

Put one tube on the highest, the other on the middle hook. Pull down and out with r. h. Then with l. h. Then both. Then back to hooks. Pull r. h. tensely across the face to + and the l. h. high over the head by the line. Repeat back and forth. Then change hands and repeat. Change grasp of hands and repeat in varied ways.



FIG. 31.

Put one tube on the highest and one on the lowest hook. Swivel on the upper hook r. h. around the head, and reverse the movement a number of times, using the lower hook l. h. in a similar way. Change hands and repeat. A little attention to the Figure will make this plain.

Place the tubes on the hooks over the head. Walk forward as far as possible, holding only r. h.; then with l. h., then both. Now forward. Then backward as far as possible. Then follow circle to

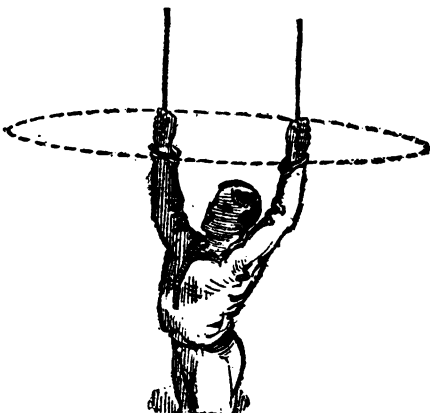


FIG. 32.

r. Then to l. Then pull as if to sit down, and spring up and down. Stand on r. foot. Then on l. Then on tip-toe. Then on the heels, and repeat all. Then pull down by arms alone. Then spread the arms out as far as possible. Then pull one forward, the other backward. Reverse, and add others. Change grasp of hands and repeat all. If the ceiling is very high add a strong wire or cord to lengthen the tube and arrange to suit.

NORTH-WESTERN OHIO NORMAL SCHOOL, January 21, 1876.—Sometime since I received Nos. 5, 6, and 7 of your Pocket Gymnasium, and must say they are admirably adapted to physical culture. My wife has been using them regularly ever since they were received, and expresses herself much improved physically thereby. My opinion is that their general introduction into the families of our land would save immense expense in the way of doctor-bills, and would add largely to the sum total of human happiness. All who have seen the tubes express themselves highly pleased.

I. FRAISE RICHARD.

THE POCKET GYMNASIUM.—The end of the law of human development is a sound mind in a sound body, and the means for developing are nourishment and exercise. The latter is as essential as the former. Without exercise body and mind both become enfeebled. It is proper that an equilibrium of vigor should be as near as possible maintained between them. A delicately organized system will soon succumb to the constant strain and wear of an active and vigorous intellect; and, on the other hand, where the means of development are applied to the bone and muscle—the animal powers exclusively—the mind dwarfs, and the neglect has its fruition in imbecility. Weighing the matter thus, it will be seen that human beings owe it to themselves as much to adopt a course of physical culture as to foster the growth of the mind. A powerful force working in a weak frame will soon shake it to pieces. For this reason no institution for the education and training of youth is complete without it has a gymnasium or play-ground attached. A well-developed physique is less vulnerable to the assaults of disease than one that is feebly charged with the animal forces; exercise is essential to this animal development, hence exercise which preserves a healthy condition is better than medicine, which does not commence its offices until after disease has effected an entrance. But it is not expedient for every person to attend gymnasiums or join in out-door sports. Yet even those who cannot need not suffer. Every one can have a gymnasium at home. “Goodyear’s Pocket Gymnasium,” an appliance for exercising and developing the muscles of the body, is presented to the public as a perfect system of physical culture for home use.—*N. Y. News.*

PART SECOND.

ELOCUTION IN ORATORY.

THE Elocution of oratory is the "*action*" on which the greatest orator of old Greece laid such stress, when asked the secret of his mighty power. It is the "*manner*" to which the greatest of Roman advocates ascribed such infinite importance.

The orator's art is especially severe in its requirements, and calling as it does for the highest qualities of the mind, and for their expression through the medium of cultivated skill of voice, of grace of movement and of action, it may be well considered the master art of arts. When we consider the greatness and variety of the qualities which are required to be blended in the form of oratory, and which must be the result of the most laborious preparation, and the most assiduous study, it ought hardly to be wondered at why so few comparatively succeed in reaching an acknowledged height above their fellows.

Many may write well, but oratory means more than rhetoric. Words merely spoken are not as effective as the written page, silently but reflectively perused. Ideas when given to the voice must be vitalized, souled, acted. Even the addition of feeling and imagination is not sufficient. There is needed, beside the living vehicle of transmission, the "*action*," the "*manner*," the elocution of oratory.

Elocution in the strictest sense implies only the

study of voice and action, and constitutes but one part of oratory; but this one part is practically the most important. It is on this portion that effectiveness mainly depends, for in its just and appropriate use we find the living expression of language. Its weakness is the cause of the greatest difficulties of public speech. Rhetoric, however finished, alone cannot satisfy the ear; nor can imagination and taste compensate for inadequate vocality, and meagre, awkward gesticulation; and yet, strange as it is, this portion appears to have always been the most neglected, and the least understood. From its incipient stages of development, when men first harangued their fellow men with the tones of leaders, oratory has had no practical notation, as relates to a method of delivery, and also in other features, whereby students might facilitate their progress. The very basis of communication, the foundation on which language, taste, feeling, imagination all rest, without which all is as nothing, has been the least studied, and seemingly the most difficult of mastery.

When we refer back with any degree of certainty to its primeval recognition as a public power, the name of Demosthenes seems to be almost coeval with that of oratory. At the outset of his career he relied mainly on his zeal in a public cause, but from wretchedly defective powers of utterance he failed; and yet, in his after successes, we learn of no positive system by which he improved; nor do we find more than the idea of repeated practice without pre-arrangement or prescribed rule in the suggestions given him by his actor friend, who recited some lines from a tragedy as a model for his imitation, and thus showed him wherein he lacked. All that we can gather is, that he was profoundly in earnest, and that his determination sent him to the sea-

shore to shout with pebbles in his mouth for the purpose of ridding himself of his vocal defects, and that he recited from favorite authors while in the act of leaping over various obstacles and while running up steep hills, in order to acquire command of his breath so as to enable him to repeat the longest passages of his orations, while in actual delivery, with single inhalations. Both of these peculiar and very irregular and unsystematic means, seem to have originated with himself, and to have effected, in the course of time, very remarkable and useful results. We sometimes, in these days, smile at the story of the pebbles, and at another also, about the cave, with the sword hung above his shoulders, knowing as we do, the needlessness of such appliances. When we see the marked evidences of the surpassing refinement of the ancients, and read of their almost perfect conceptions of high art in other directions, we are forced to wonder why they could not methodize vocalization in oratory. True, we read of many features of ancient oratory and acting being perfected to a most wonderful degree. Even the common people so completely understood the beauties of rhetorical composition, and felt their sense of hearing so shocked by their best tragedians, if an undue quantity, too much or too little, were given to the measure, or if a syllable was omitted or added to the line, that the one so offending was indignantly hooted off the stage. Yet these same people asked Demosthenes, after having once hissed him, and not allowed him a hearing, how he afterwards attained such mastery, evidently not knowing any precise method, and he himself was not able to otherwise than thrice repeat the word "*action*," which neither he nor they could comprehend in all its import.

Roscus, the greatest of ancient actors, systematized

a method of gesture, even including such details as the movements of the fingers. Quintillian also speaks in his Institutes of a prescribed meaning for the movement of each finger. But with all their learning in those days, with all their splendid eloquence, there were movements of the voice of which they knew nothing, and for those unconsciously used and accidentally and irregularly obtained, they had no plan by which to benefit a grateful world to which they have given so much otherwise in literature and in art.

As proof of this, there might be added to the toiling and drudging of a Demosthenes, the fact that Cicero at first so strained himself through ignorance of laws controlling the use of the voice in public, that he was urged by his physician to entirely desist lest his life should be endangered.

While reading of these men and their times, we glean still further that it was customary among the orators to have slaves at their sides with a pipe to pitch the key requisite to be heard satisfactorily and agreeably by the assembled multitude. Circumstances might at first seem to necessitate the use of some such instrumentality. The audiences were much larger assemblages of people than now, for they mainly received instruction from their orators, and came from all parts of their country to listen, and the gathering place was in the open air, instead of as in our closed *auditoria*; but when we reflect that in our times many thousands, in some instances more than twenty, have been addressed in open-air assemblages and without relying upon any instrumentation whatever to guide the voices of the speakers on such occasions, we strongly incline to the belief that has been advanced by many able writers, that modern public speaking has in most respects, at least practically, equaled, if not surpassed

that of the ancients. They had, it is true, schools of oratory in which they were first taught grammar, then rhetoric, and lastly elocution. Cicero himself speaks of the cultivated orator as having the mind of the rhetorician, the voice of the tragedian, and the grace of the posturer. And yet it would appear as if he were vocally untaught when he began his career, for his voice was harsh, shrill, and in "a state of nature." Cicero was well cultivated in the arts of grammar and rhetoric, but it would seem as though he had not passed through the instructions of the teachers of the voice, the *phoncarii* as they were called, nor attended any of the schools of elocution in order to strengthen his lungs. In these schools of practical oratory, among other vocal gymnastics, they required their pupils to lie supinely on their backs, and then with heavy weights placed upon their chests, they were made to inhale freely with their lungs, and shout loudly so as to harden and invigorate those powers that appertained more immediately to the practice of the elocution of oratory. We might doubt the utility of such extreme external means, as destructive of the elasticity of the vocal organs, and as tending to promote a coarseness in general strength, and believe rather in the unconstrained but full use of the lungs and chest. From all that they have left upon record of such matters, they evinced but a limited and partial knowledge of a really genuine creative system, certain in its application and effectiveness.

Quintillian in his reviews and critiques of the great orators of his time, does not make mention of them in such a manner as to lead one to believe, that the abstract principles of the art were especially practiced by them. They were eloquent, indeed, but their powers must be attributed to indirect rather than predetermined efforts, guided mainly by instinct and an

inherent perception of truth. Many, indeed most, of our modern orators, have also worked and continue to work in the same general way as did those of old. At all times, oratory would seem, even among the best, to be merely a matter of impulse. Because oratory was not recognized with a true idea of system among the ancients, and because it did not receive any impetus, it does not follow that some strongly marked system cannot exist. It may not be practicable here, nor is it necessary, to advance more than the opinion, that elocution, like music, has its pre-established principles, but that they have not yet been as well developed. Like music, it has a symbol or sign, for every degree or shade of sound possible to be produced in speech, which, while it could be written accurately by the one, could be reproduced vocally, just as accurately by thousands. We hear them in a variety of ways in the best speakers, but are not as able to trace them or to commend their execution, as in listening to the efforts of musical celebrities.

Since oratory has had a recognized utility as a promoter of enlightenment, it has had swarms of disciples, for it is a popular art; but it has been only the great few of each age that have had the courage, the hardihood of mind and body, to toil and drudge by individual, torturing progression, guided by impulse alone, and a kind of instinct as it were; and as a reward the world calls them great, simply because they have done more than others. In seeking the greatest orators of all times, it is not necessary to go back even beyond our own day; for it has confidently been believed, that Webster—America's pride—was the equal, if not the superior of any of the ancients. He has frequently been compared to Demosthenes, as regards his general style, as far as is possible to judge from the

some what limited means at hand and from the records of the past. He commenced young, indeed, and having been taught by his father, we find him at the early age of ten or twelve years reading the Bible—that most eloquent of books—with such spirit and meaning, as to offer an extra inducement to the hardy New England teamsters to “lay over” Saturday nights at his father’s roadside home, which served as an inn to those willing to accept its humble comforts. His after-efforts were as indirect and systemless as those of his old prototype.

In this connection another great name presents itself, one considered by many as not an unworthy rival—Clay. His method did not differ materially from that of Webster, for we are told that he merely rehearsed aloud his orations, to the cattle in the barn, before giving them to the public. He also taught his favorite pupil—Bascom—in the same manner, by imitation; and his *protégé* afterward went shouting his hymns and sermons along the roadside, in the obscurer country parts, sometimes to the infinite amusement of strangers. On one occasion, a traveler stopping at the same inn, asked the landlord, if it was “an escaped lunatic he had met on the road.” The landlord playfully told him that such was the case, and asked him whether he desired to hear him preach. On Sunday, after the sermon, the landlord inquired of the stranger how he liked him. The answer was, “if that man was a lunatic, he wished all clergymen were like him, for it was the best sermon he had ever heard in his life.” Other great characters present themselves: Everett, who it is stated had a room doubly walled and of extra thickness, so that sounds could not be heard from without, and in which he practiced his orations previous to their delivery in public,

Sumner was accustomed to rehearse before a looking-glass. Banks was the stage-manager of an amateur dramatic association in his native place, Waltham. Gerritt Smith confesses to a daily half-hour practice with his voice. Wendell Phillips, when asked his secret, merely replied, "The burning love of truth in my heart that must come out."

Across the water we have had Curran with his stuttering speech, Sheridan with his diffidence, and Grattan, who in practicing in his room so terrified the maid outside, that she declared he was "crazy," for he kept repeating, "Mr. Speaker! Mr. Speaker!" "while there was no one in the room but himself." Pitt, who was early taught by his father to read Shakespeare, and even then gave an earnest of his great fame as a speaker; and lastly the wonderful Lacordaire, known best perhaps in Paris, was at first a great failure on account of the weakness of his voice and physique. Mention cannot be made of him without reference to a most remarkable means he took on one occasion when being obliged to preach on the Crucifixion, of imbuing himself more deeply with the spirit of his sermon. For this purpose he erected in the basement of the rectory a rude cross, to which he attached himself and remained in solitary thought, suspended eight hours. Then passing directly to the sanctuary without rest or nourishment, he delivered one of the most thrilling and eloquent discourses ever heard in Notre Dame. Of all those mentioned, not one appears to have had a directness of purpose, or to have been guided by the method of any of those who had gone before him; but each seems to have relied mainly on personal effort, and to have progressed proportionately to the power thus expended, and in accordance with a certain judgment of his own, that has found more or less of right without really knowing the cause.

While thus particularly dwelling on the vocality of oratory, it might not seem a digression to note the fact, that actors are generally best self-taught in the practical branch, or what constitutes the "*manner*" of oratory.

It was to an actor that Demosthenes owed his first impressions as to what he most needed. Roscius was probably a greater actor than Cicero was an orator. Garrick was certainly a much better actor than many men of his time were orators. Even Pitt, Lord Erskine, and many others, were only too proud of the opportunity of improving their elocution, while listening to the majestic and inspiring representations of the great actress Sarah Siddons. One reason that might be assigned why actors are so much better disciplined, is, from the frequent repetition of the same characters for years. They each time become more familiar with the language, and, working upon the principle that new ideas are to be developed with each rendering, it approaches more and more toward the ideal of perfection. The actor studies a whole life-time upon comparatively a limited range of characters, and only occasionally, as it were, adds a new one to his memorized repertoire. Mrs. Siddons, of the eighteenth century, after playing Lady Macbeth for thirty years, remarked, that she had not finished her study of the part. With the orator how different. He rarely repeats an oration ; if he does, it is only that all who have not heard may hear it, and then it is supplanted by another.

Referring once more to the ancients, we are constrained to believe that in one of the most important features of vocality they must have been sadly at variance. They were almost faultless in their rhetoric, for we know their diction is most wonderful and felicitous. But the bondsman with his pitch-pipe ; Demosthenes endeavoring to pronounce the longest para-

graphs in a single breath; Hannibal riding up and down the front while in the act of exhorting his army—all force us to think that they must have been in a great measure declamatory in their delivery, however eloquent through other means. Their efforts may have been grander and more majestic, but they certainly must have been less natural. Even their plays affected this style, for we are told that their actors, in the representation of gods and mythical characters, increased their stature by artificial means, and also wore enormous masks to give facial dignity, and to add reverberations and rotundity to their voices, thus enabling them to more aptly portray the supernatural element of tragedy. In the reign of Tiberius, it was not uncommon for an audience of no less than eighty thousand to assemble in an inclosure, open at the top, to be entertained by some festival or dramatic display in honor of a victory, or on a gala day, and it seems to have been necessary to sight and hearing, to resort to such extraordinary means.

The largest entirely closed audience room on this continent, is that of the Cathedral of Montreal, seating eight thousand people, while there is standing room for four thousand more. Thus twelve thousand can collect under one roof to witness at least, if they cannot hear, the ceremonies of State occasions. There have been persons, who, doubtless, could have been distinctly heard even in that enormous structure. Whitefield addressed an audience of twenty thousand people in the open air, and was plainly heard far beyond the borders of that mass of human beings. Spurgeon is easily heard by congregations in the largest hall of London. Hepworth, of our own city, with apparently the utmost ease, has repeatedly spoken to the largest audiences that can possibly be assembled in any

of our places of public meeting, and not even the most off-hand expression has been lost, so wonderfully penetrative is his voice. The last-mentioned gentleman has regularly practiced the best, that is thus far known of elocution under formal instruction, and personally continues in daily vocal drill. He is really the best living illustration we have among us of the efficacy of such practice. We pronounce him without hesitation, the best biblical reader it has been our good fortune to hear in the pulpit. We particularly remember his reading the story of Daniel cast into the lion's den. Such excellences are so very rare that we cannot apologize, but rather take pleasure in digressing to make note of them.

Beecher has a powerful voice which was at first very defective; but he received, when a young man, special elocutionary drill, and reverts back to his old associations and his shoutings in the woods, with evident delight. Chapin also stands out from his fellow preachers as another example of cultivated training of the voice. It was once claimed by many that he was the best reader of hymns known in the pulpit. People have actually attended his services merely to hear him read the hymns.

Many more bright names might be added to the list of toilers, and something said of their hard, severe, plodding style of work; but not one of these orators of past or present times has told his fellows, or left to his followers, a labor-saving method to make the road more easy, or in any special way to lessen its difficulties.

Cicero and Quintillian theorized upon the subject, but Betterton, the actor, claims to have been the first Englishman that ever attempted to define a method of study, in his work entitled *Action and Utterance*.

Aaron Hill, another celebrity in dramatic annals, wrote *The Art of Acting*, a very clever work; Walker prepared a treatise that he subsequently considered false in its main features; Austin has given the world his *Chironomia*. Steele his *Prosodia Rationalis*, and finally came Dr. James Rush (and he not an orator), to eclipse them all by his great work, *The Philosophy of the Human Voice*, which he claims after all his labor to be only an introduction to a vast, unexplored intellectual field, yet to be made known to man. This man of wealth, culture, and learning, a munificent patron of music and the dramatic art, profoundly imbued with a genuine love, amounting to almost worship of them, conceived the design of tracing out the principles of the latter art, that had caused him, of the two, the utmost gratification. He had listened to the best orators and actors of the day, but it was not until he sat charmed and enraptured with the inspired and majestic renderings of that wonder of the British stage, Sarah Siddons, that he really began his self-appointed task. He determined to analyze and reduce to elements the secret of her thrilling and awe-inspiring intonations, to learn how the voice in its movements produced such awful effects as the multitude experienced in listening to one so gifted. He digresses in his work, for a few lines, to pay her homage, and to acknowledge that she first prompted him to undertake this analysis. "The vision of the great actress was before him," and thus amid the constant claims of a professional life, during such moments as he could snatch from other duties, even while riding or walking, did he experiment and prepare another of the many monuments to his fame; and that fountain from which the future orator or actor can derive many toil-saving benefits, if he will faithfully fol-

low its precepts. This work Dr. Rush claims only as a beginning—but in it he gives *all* the primary principles, showing their application, and it only remains for others to follow the road thus opened, and to amplify and extend the search in detail, to study out the complex variations of these fundamental principles, and eventually elevate oratory to the position of a science as exact as that of mathematics. It only remains for speech to have its acknowledged signs like music, and then orators will be recognized like vocalists in music, by their capability of expression through those symbols; for it is not to be inferred that even with a complete system and notation, a man can be made automatically its comprehensive master any more than of music, painting or the plastic art, by the aid of their principles alone. Precepts make the way easier, and our efforts more determined. All men can sing by method, but after all it is only the privileged few that can sing well. When oratory, with its grammar, rhetoric, and elocution, has been fully developed in all its purport and meaning, adding truth, taste, sensibility and imagination, and other glorious attributes, the world will witness models more nearly approaching the PERFECT MAN.

SOMETHING NOBBY.—Gum-elastic, or India-rubber, is a wonderful thing. It stretches like a politician's conscience, and comes back again with the same ease and certainty that dead beats appear at lunch time. Its resiliency is equal to the playful dalliance of a coquette. Thus adapting itself to every form of motion and condition, there are few things which cannot be made of it. Its latest application is a Pocket Gymnasium. The device is intended to furnish a means of physical exercise for home practice, and it is far ahead of the ordinary dumb-bells and other bulky contrivances. Try it. See advertisement.—*Dubuque News*.

ANNE HATHAWAY.

EDMUND FALCONER.

No beard on thy chin, but a fire in thine eye,
With lustiest manhood's in passion to vie,
A stripling in form, with a tongue that can make
The oldest folks listen, maids sweethearts forsake,
Hie over the fields at the first blush of May,
And give thy boy's heart unto Anne Hathaway.

She's a stout yeoman's daughter and prizes herself,
She'll marry an esquire or lie on the shelf;
'Tis just ten years gone, since in maidenhood's prime,
To a farmer she said, "Nay, I'll bide my own time."
Now, "But and alas!" all the kind neighbors say,
"She has married a stripling, has Anne Hathaway."

That day ten years past—it was then Autumn time,
And the shottery orchards were in their full prime;
Young Willie came over from Stratford to see
If any windfalls in Anne's pocket might be:
"For a kiss or an apple now come you to-day?" [way.
"Why, for both," said the shrewd boy to Anne Hatha-

The farmer, he sat on the steps by the door, [more?"
"I've kine, sheep, and homestead, what can you want
The little boy answer'd ne'er dreaming how true,
"When I am her sweetheart, she cannot want you."
Anne stoop'd down and kiss'd him, and said, in mere
play,
"Yes, Willie's the sweetheart for Anne Hathaway."

The farmer laugh'd loud, "What a fine man he be;
You may kiss the wee laddie and ne'er jealous me."

Willie blushing replied, "You're a fool it is plain,
Or you'd not want 'No' said more than once and
again." [day,

The farmer trudged off, and scarce bade them good-
And the boy ate sour apples with Anne Hathaway.

Then long years went over, and "Anne's hard to please,"
Said yeomen at stacking, said shepherds on leas—
Till she went o'er to Welford, to see the May Queen,
And met there lithe Willie, just aged eighteen;
Who slighting young lasses, was heard oft to say,
"That the Queen of all queens there was Anne Hatha-
way."

At sundown the shortest way home he could show,
O'er the ford and by field-paths (much longer we know);
But he talked all the way with such marvelous skill,
Anne doubted her eyes when they reach'd Bandon hill.
And at Shottery brook she'd no power to say "Nay,"
When he said, "You're my sweetheart, proud Anne
Hathaway."

He came o'er the hills at the next even-song,
And Anne, half ashamed, stole to meet him along,
But the full-breasted passion of *Shakespeare's* love-
dream

Swept *her* will where it will'd, like a waif on a stream;
"It was wooing and wedding at once," the folks say,
"For the green callant Willie with Anne Hathaway."

Soon Anne with a husband in years but a score,
Full bless'd with three children, thought sadly of more,
For tho' quick to jest or to fashion a rhyme,
Willie's earnings were not those of men in their prime;
And she sigh'd half assent when she heard the folks
say,

That more nice than wise had been Anne Hathaway.

Now, a matron demure, Anne a formal life led,
 She got up betimes and went early to bed;
 But Willie at sundown, when staid folks went home,
 Hied up Welcomb Hill through the wildwoods to
 roam;

Or would sit by the fire till the fresh blush of day,
 Writing sonnets, sheer nonsense, to Anne Hathaway.

A store of old songs Anne could speak off by rote,
 And oft wanted Willie their wisdom to note,
 And he listened at times, but provokingly smiled,
 Like a sage brought to book by an overwise child,
 Or strangely perverting, with new rhymes, each say,
 Took the wind from the sails of poor Anne Hathaway.

[night

In the woods around Charlcote, the moon thought one
 'Twas Endymion again singing hymns to her light;
 But the park-keepers knew it was Will, and one swore
 That the buck some sly poacher had just tumbled o'er
 Had been slain by his hand, and, for all Will could say,
 He was stock'd as a scapegrace—sad Anne Hathaway!

Then Willie, who chafed under sense of deep wrong,
 From Apollo's own bow sent a shaft in a song,
 Which prick'd and so venom'd the knight Lucy's
 breast, [opprest;

That his frowns and his threats all the Shakespeares
 So Will for their sakes fled from Stratford away,
 And left a grass-widow in Anne Hathaway.

To her father's home then Anne as housekeeper went,
 And sad months and years half dependent there spent;
 For the old folks in hard times were testy, cross-grained,
 And oft of her children as burdens complain'd;
 And in their best tempers were still heard to say
 "That a *miss* was the marriage of Anne Hathaway."

By the wagon from London a small packet came
"For y^e Mistress Anne, Hymen Shakespeare did
name."

In it were kind words and of high hopes a store,
But good moneys too, and a promise of more ;
Which was kept in due season, and made the folks say,
That "*Some wives were worse off than Anne Hath-
away.*"

Next came down rich dresses, that made poor Anne
stare,

She was fearful to handle and much more to wear ;
When to church in the plainest she one Sunday went,
All eyes in astonishment on her were bent ; [say,
But Anne tossed her head, for she heard the folks
"*That a far-seeing wench had been Anne Hathaway.*"

The newsmongers, now that the Scots' Queen was dead,
And the Spanish Armada thrashed, captured, or fled,
And laid up were FROBISHER,* HAWKINS and DRAKE,
Of Shakespeare's new fortunes much marvel did
make ; [say,

And when the truth failed them would whisper and
That the Queen was thought jealous of Anne Hath-
away.

With faith in broad acres, full barns, flocks and herds,
Anne doubted much profit from rhymes and fine
She saw no work done to insure wealth of gold, [words,
In the distance its growth but a dream-life could hold,
From which waking up, her boy-husban done day,
Might come home broken-hearted to Anne Hathaway.

One evening in Autumn deep sadness came o'er,
As her pitcher she filled in the well near the door,

* Professor J. E. FROBISHER is a lineal descendant.

For an over-ripe apple she found by the brim,
And she thought what a gift it had once been for him;
A drop specked its bloom, and it came spite of "Nay,"
From thy heart, not the cold well, proud Anne Hath-
away.

It was warm, and spread over the fruit the rich dye
Of a heart-mist exhaled by love's roseate sky;
Like gems on the pitcher the cold drop shone clear,
But the gem of all gems was that quick-wasting tear.
She put up the apple to kiss it next day;
"I must call in the children," said Anne Hathaway.

She set down the pitcher, and lean'd o'er the gate,
To tell the young truants their supper did wait;
Susannah was spelling for Judith a book,
And Hamet was paddling about in a brook; [way,
And she saw near the bridge, just a stone's throw a-
One who seemed a great lord unto Anne Hathaway.

His doublet and trunks were of velvet, that shone
Like the mellow-green moss on an old coping-stone,
A plume of white feathers his felt-hat did grace,
And his collar and ruffles were broad Flanders lace;
With his buff boots and spurs he looked gallant and gay,
Yet were tears in his eyes then, cold Anne Hathaway.

Susannah stopped reading, and bade Judith look,
For Hamet stood fast in the mud of the brook;
With his eyes wonder-fixed, and his mouth open wide.
Then the stranger advanced, and when close by Anne's
side,

Tho' his bearded lip quiver'd, did smilingly say,
"Will you give me an apple, dear Anne Hathaway?"

Anne started, and trembled, and looked in his face,
Oh! could it be Willie's, with majesty's grace?

Though it beamed youthful still—there the boy was
no more,

For the full front of power and command it now wore;
And she shrank back afraid, when she heard *Shake-*
speare say, [Hathaway?"

"Don't you know your own husband, dear Anne

"'Tis my father!" cried Susan, and sprang to his
breast—

From that moment ever beloved there the best—
But the others he called, and with hand and lip graced,
And tenderly then their coy mother embraced:

'When I asked for an apple you never said 'Nay,'
But a *kiss* was a great gift from Anne Hathaway."

He went o'er to Stratford the very next morn, [born;
And bought the *great* house where the Clopton was
And rich lands round Welcomb he purchased right
out,

And a propertied gentleman was, past all doubt;
And though the poor title his fame flouts to-day,
Still, she married an Esquire, did Anne Hathaway.

HANS VOGEL.

THE fight is o'er, the day is done,
And through the clouds o'erhead
The fingers of the setting sun
Are pointing down blood-red;—
Beneath, on the white battle-field,
Lie strewn the rifts of dead.

No breath, no stir; but everywhere
The cold frost crawleth slow,

And Frank and Teuton side by side
Lie stiffening in the snow,—
While piteously each marble face
Gleams in the ruby glow.

No sound ; but yonder midst the dead
There stands one steed snow-white,
And clinging to its chilly mane,
Half swooning, yet upright,
Its rider totters, breathing hard,
Bareheaded in the light !

Hans Vogel, spectacles on nose,
He gasps and gazes round—
He shivers as his eyes survey
That wintry battle-ground—
Then parched with thirst, and chill with cold,
He sinks without a sound.

Then swift as thought his wild eyes gleam
On something at his side—
He stirs—he glares—he sits erect—
He grips it, eager-eyed:
A flask it is some fiend or foe
Hath dropt there ere he died.

To God he mutters now a prayer,
Quaking in every limb ;
Trembling he holds it to the light—
'Tis full unto the brim !
A flask, a brimming flask of wine !
And God hath sent it him !

Hans Vogel's heart leaps up in joy :
“ *Dem Himmel sei Dank !* ” he cries ;

Then pursing out his thirsty lips
Prepares to quaff his prize,—
When lo! a sound—he starts—and meets
A pair of burning eyes!

Propt on a bed of comrades dead,
His faint breath swiftly flying,
His breast torn open by a shell,
A Grenadier is lying:—
Grim as a wolf, with gleaming fangs,
The Frenchman glareth, dying!

White are his locks, his features worn
With many a wild campaign,
He rocks his head from side to side
Like to a beast, in pain—
He groans athirst with open mouth,
Again and yet again.

Hans Vogel in the act to drink
And render God the praise,
Drops down his fever'd hand in doubt
And pauses in amaze,
For on that flask that Grenadier
Fixeth his filmy gaze!

Hans Vogel smiles, "*Here lieth one
Whose need is more than mine!*"
Then crawling over to his foe,
"*Look, Frenchman, here is wine!*
*And by the God that made us both
Shall every drop be thine!*"

Hast thou beheld a dying boar,
Struck bleeding to the ground,

Spring with one last expiring throe
To rip the foremost hound ?
Terrible, fatal, pitiless,
It slays with one swift bound.

Ev'n so that grizzly wolf of war,
With eyes of hate and ire,
Stirs as he lies, and on the ground
Gropes with a fierce desire,—
Then lifts a mighty carbine up,
And lo ! one flash of fire !

A flash—a crash ! Hans Vogel still
Is kneeling on his knee,
His heart is beating quick, his face
Is pale as man's can be :
The ball just grazed his bleeding brow,—
Potstausand ! " murmureth he.

Hans frowns ; and raising to his lips
The flask, begins to quaff ;
Then, holds it to the fading light
With sly and cynic laugh.
Deep was his draught—sweet was the wine—
And he hath drunk the half !

But now he glanceth once again
Where that grim Frenchman lies—
Gasping still waits the wolf of war
Like to a beast that dies—
He groans athirst, with open mouth,
And slowly glazing eyes.

Hans Vogel smiles ; unto his foe
Again now totters he—

So spent now is that wolf of war
 He scarce can hear or see.
 Hans Vogel holds his hand and takes
 His head upon his knee!

Then down the dying Frenchman's throat
 He sends the liquor fine :
"Half yet remains, old boy," he cries,
While pouring down the wine—
"Hadst thou not play'd me such a trick,
It would have all been thine!"

Hans Vogel speaketh in the tongue
 Of his good Fatherland.
 The Frenchman hears an alien sound,
 And cannot understand,
 But he can taste the warm red wine,
 And feel the kindly hand.

See! looking in Hans Vogel's face
 He stirs his grizzly head—
 Up, smiling, goes the grim moustache
 O'er cheeks as gray as lead :
 With one last glimmer of the eyes,
 He smiles—and he is dead.

THE LAST OF THE FAITHFUL.

STRIKING figure was Don José's : saffron forehead, eyes
 of jet, [ness set;
 Dyed moustache, like raven's feather, lips in rigid firm-
 Round him clung a long blue mantle, wrapped in
 many a curious fold, [hot and cold."
 "Wears it always," Patrick hinted ; "outdoors, indoors,
 So Don José sat before me in the dingy, dim *café*,
 Loyal Spaniard, creole Cuban, refugee (and spy, they
 say!)

Rapped his snuff-box on the table, fed his nostrils nervously,
 [bowed to me ;
 Swore "Caramba ! I am frozen !" looked around and
 "Frosty weather, Don Felipe ! makes one yearn for
 Cuban air ; [thee there !
 Hé chico, chico, José, mio ! 'twere scarce wholesome for
 O que bella la Habana ! Faithful city ! Santa fé !
 What 'a bliss to walk thy plazas on this bright December day !

"There's my home in that Habana ! Here I'm exile—
 homesick, too— [bans do ?
 Woe is me, good Don Felipe ; what can honest Cuban
 Spies around you, drum-head justice, presto ! comes a
 file of men— [and fire—and then ?"
 March ! a priest—rat-tat—make ready—one, two, three
 "Come to us, my friend Don José ; we'll instruct your
 Latin race [ern grace.
 How to inweave Saxon firmness with your innate south-

"Come to us, sir ; we'll annex you !" Rapped Don José
 on his box, [unorthodox ;
 Fiercely fed with snuff his nostrils, spluttering words
 "Ha ! annex ! El diablazo ! We'll annex your Yankee
 realm ! [from the helm :
 Yankee greed stirs up the storm that drives our pilots
 Keep your talk of annexation for the men who like
 that style— [ful Isle.
 Patriots they ! *I am a Spaniard ! Cuba bides the Faith-*

"Don Felipe, you behold me—old, an exile, gray, forlorn,
 [was born !
 Whom the vile garrote waits for—dared I go where I
 Don Felipe ! Spain's injustice does not shake my loyalty—
 [we're free !
 We whose blue blood flows so proudly, we are loyal as

I may never see Habana, where my home is, and my
joy, [Pablo! such a boy!

Where my house, and wife, and child are—ah, my

“My own son! Querido mio! eye of dove and heart of
flame! [trampled name—

When I’m dead he’ll win me honor—he’ll restore my
Hombre paton! where’s my paper? Don Felipe,
when I die, [not buy!”

Pablo lives, a Spanish subject, whom the ‘patriots’ can-
“Dreadful news this morning, Señor,” said glib Pat-
rick, as he gave [grave.”

Don José his folded paper, “Sendin’ school boys to the

“Maldicion! cease thy gabble!” Swift Don José
scanned the page— [age!

“Children! cruel! Don Felipe, ’tis a scandal to our
Ha! what’s this? Maria mia!” and he tore the sheet
apart— [my heart!”

“Jesu! Pablo! Fusillado! murdered? butchered?—ah,
“Water! fan him! he has fainted!”....“Señors, par-
don me, I pray, [I must say.

I am something old—too feeble for such heart-breaks,

“Old and feeble—old and childless!....Señors, thank
you, now I’m strong! [my wrong:

Step this way, good Don Felipe. Ah! I see you feel
When the time comes when your nation—come it will
and come it must— [through the dust—

Crushes Spanish might in Cuba, drags her banner
When that time arrives of vengeance, of dishonor to
proud Spain, [she has slain—

For the blood shed on her threshold, for the children

“Call on me then, Don Felipe! Send your leaders
straight to me! [many a key;

I know Cuba’s strength and weakness, I can give them

I know where her forts are crumbling, know each inlet
and lagoon, [less at high noon :
And can thread the mountain pathways that are sun-
Tell them of me, Don Felipe ! Tell them not I'm old
and gray ! [loosed to-day !
Ah ! the Spanish panther recks not of the bloodhound
“ Ah ! querido Pablo mio ! can then vengeance mend
thy loss, [common fosse ?
Shot and tumbled without honor, in the hangman's
Aye, my Pablo, brown-eyed martyr ! Let the priests
their masses say,— [priate way !
I'll commemorate thee too, querido, in my own appro-
Spanish tears shall wash the wounds that ruthless
Spanish bullets gave :
Spanish blood shall write inscriptions for my little
Pablo's grave ! ”

CENTENNIAL ADDRESS.

BENJAMIN H. BREWSTER.

How much has been given to us and how much we now enjoy, and how much will be expected of us—and we know the peril of such great trusts ! Behind us lie the early years of oppression, trial and sorrow ; the after years of success and public triumph ; and before us lie the crowning years of duty, duty to be performed with religious fidelity for the sake of ourselves and our children and for the sake of the future of the human race.

Let us pause and look at the past ; meditate upon its wholesome lessons. Let us pause and gaze on the future now approaching us with measured tread. We have now come to years of national manhood, and

with its honors will come its cares and calamities. May we be able to use them all, and accept them all as our fathers accepted their mission, with its glories and its adversities.

Our example has subverted the tyrannies that once cursed men and roused them to a sense of a more perfect manhood. This is our mission, and thus far have we well performed it. Let us silence the noise of all discord at home. Let us unite in future as our fathers were united in their days of trial. Let us acknowledge and maintain—as they did—our nationality for the sake of our common liberties, and then we will be an example for others to imitate and honor.

Here we are happy in our common prosperity; happy in our past history; happy in our hopes of the future, and happy in a common confidence in Divine protection. May another hundred years see freemen of our united nation like ourselves thus gathered together, in a like spirit, to tell all men that their mission, as ours, is "Peace on Earth and Good Will to Men."

THE BOYS IN BLUE.

BY ELLA DIETZ.

THAT day the Sixtieth came back—

We scarce believed the news was true—

We had a ball and danced all night,

To welcome home the boys in blue.

To dance with men who had faced death—

I almost felt a soldier too,

And never feared the rebel swords

While dancing with those boys in blue.

They laughed at dangers past and gone,
And seemed to long for dangers new ;
Were half chagrined at their parole—
So brave they were, the boys in blue.

And many a day we rode and raced ;
Our voices rang the old woods through ;
’Twas only loyal to be gay
And cheer their hearts—the boys in blue.

When once beneath the leafy shade,
Mid twilight’s dark and falling dew,
One sought my heart—I gave it then—
Could I gainsay a boy in blue?

There came a day they rode away.
We stood and watched their last adieux,
Then turned with heavy hearts and prayed
“God keep them safe! the boys in blue.”

But some must fall when battles come—
Wounded were many of those we knew.
I read the lists—among the dead
I saw *one name*—my boy in blue.

“Shot through the heart!”—the heart I gave—
But to the last I’ll keep his true,
For mine is in the grave with him,
And there shall rest my boy in blue.

THE ERL KING.

BY MRS. C. F. ELLETT. (FROM GOETHE.)

By night through the forest who rideth so fast,
While the chill sleet is driving, and fierce roars the
blast? [storm,
’Tis the father, who beareth his child through the
And safe in his mantle hath wrapped him from harm.

"My son—why hidest thy face as in fear?"

"O father—see—father! the Erlking is near!

The Erlking it is, with his crown and his shroud !”

"My boy—it is nought but a wreath of the cloud!"

"O pretty child ! come—and away with me !

With many gay sports will I frolic with thee,

There are many-hued flowers on our fairy strand :

My mother will weave thee robes golden and grand!"

“O Father, my father! and dost thou not hear,

What the Erlking is whispering low in mine ear?"

“Be quiet, my darling! thy hearing deceives;

"Tis but the wind whistling among the crisp leaves."

“O beautiful boy! wilt thou come with me? say!

My daughters are waiting to join thee at play ;

In their arms they shall bear thee through all the dark
night, [light !”

They shall dance, they shall sing thee to slumber so

“ My father ! dear father, and dost thou not see

Where the Erlking's daughters are waiting for me?"

"My boy—'tis no phantom ! I see it now plain ;

"Tis but the gray willow that waves in the rain."

“Thy sweet face hath charmed me ; I love thee, my
joy!

And com'st thou not freely—I'll seize thee, fair boy!"

"O father—my father! his touch is so cold!

He grasps me—I cannot escape from his hold!”

Sore trembles the father ; he spurs through the wild,

And folds yet more closely his terrified child ;

He reaches his own gate in darkness and dread,

Alas!—in his arms lay the fair child—dead!

SHE WOULD BE A MASON:

THE funniest story I ever heard,
The funniest thing that ever occurred,
Is the story of Mrs. Mehitable Byrde,
Who wanted to be a Mason.

Her husband, Tom Byrde, is a Mason true,
As good a Mason as any of you ;
He is tyler of lodge Cerulean Blue,
And tyles and delivers the summons due,
And she wanted to be a Mason too—
This ridiculous Mrs. Byrde.

She followed him round, this inquisitive wife,
And nabbed and teased him half out of his life ;
So to terminate this unhallowed strife,
He consented at last to admit her.
And first, to disguise her from bonnet to shoon,
The ridiculous lady agreed to put on
His breech—ah ! forgive me—I meant pantaloon ;
And miraculously did they fit her.

The Lodge was at work on the Master's Degree ;
The light was ablaze on the letter G ;
High soared the pillars J. and B. ;
The officers sat like Solomon, wise ;
The brimstone burned amid horrid cries ;
The goat roamed wildly through the room ;
The candidate begged 'em to let him go home ;
And the devil himself stood up in the east,
As proud as an alderman at a feast ;—
When in came Mrs. Byrde.

Oh, horrible sounds ! oh, horrible sight !
Can it be that Masons take delight

In spending thus the hours of night ?
Ah ! could their wives and daughters know
The unutterable things they say and do,
Their feminine hearts would burst with woe ;

But this is not all my story,
For those Masons joined in a hideous ring,
The candidate howling like everything,
And thus in tones of death they sing :

(The candidate's name was Morey ;)
"Blood to drink and bones to crack,
Skulls to smash and lives to take,
Hearts to crush and souls to burn—
Give old Morey another turn,
And make him all grim and gory."

Trembling with horror stood Mrs. Byrde,
Unable to speak a single word ;
She staggered and fell in the nearest chair,
On the left of the Junior Warden there,
And scarcely noticed, so loud the groans,
That the chair was made of human bones.

Of human bones ! on grinning skulls
That ghastly throne of horror rolls,—
Those skulls, the skulls that Morgan bore !
Those bones, the bones that Morgan wore !
His scalp across the top was flung,
His teeth around the arms were strung,—
Never in all romance was known
Such uses made of human bone.

The brimstone gleamed in lurid flame,
Just like a place we will not name ;
Good angels, that inquiring came
From blissful courts, looked on with shame
And tearful melancholy.

Again they dance, but twice as bad,
They jump and sing like demons mad;
The tune is Hunky Dorey—
“Blood to drink,” etc., etc.

Then came a pause—a pair of paws
Reached through the floor, up-sliding doors,
And grabbed the unhappy candidate!
How can I without tears relate
The lost and ruined Morey's fate?
She saw him sink in a fiery hole,
She heard him scream, “My soul! my soul!”
While roars of fiendish laughter roll,
And drown the yells of mercy!
“Blood to drink,” etc., etc.

The ridiculous woman could stand no more—
She fainted and fell on the checkered floor,
’Midst all the diabolical roar.
What then, you ask me, did befall
Mehitable Byrde? Why, nothing at all—
She had dreamed she'd been in the Masons' hall.

TRUE AMERICANISM.

CARL SCHURZ.

THE youthful elements which constitute the people of the new world, cannot submit to rules which are not of their own making. They must throw off the fetters which bind them to an old decrepit order of things. They resolve to enter the great family of nations as an independent member, and, in the colony of free humanity, whose mother country is the world, they establish the republic of equal rights, where the title of manhood is the title to citizenship. My friends,

if I had a thousand tongues, and a voice strong as the thunder of heaven, they would not be sufficient to impress upon your minds, forcibly enough, the greatness of this idea, the overshadowing glory of this result.

This was the dream of the truest friends of man from the beginning; for this the noblest blood of martyrs has been shed, for this has mankind waded through seas of blood and tears. There it is now, there it stands, the noble fabric in all the splendor of reality.

They speak of the greatness of the Roman republic. Oh! sir; if I could call the proudest of Romans from his grave, I would take him by the hand, and say to him: " 'Look at this picture, and at this.' The greatness of thy Roman republic consisted in its despotic rule over the world; the greatness of the American republic consists in the secured right of man to govern himself." His democracy, instead of elevating mankind to its own level, trampled the rights of man into the dust. The security of the Roman republic, therefore, consisted in the power of the sword. The security of the American republic rests in the equality of human rights! The Roman republic perished by the sword; the American republic will stand as long as the equality of human rights remains inviolate. Which of the two republics is the greater, the republic of the Roman, or the republic of man?

Sir, I wish the words of the Declaration of Independence, "that all men are created free and equal, and are endowed with certain unalienable rights" were inscribed upon every gate-post within the limits of this republic. From this principle the Revolutionary Fathers derived their claim to independence; upon this they founded the institutions of this country, and the whole structure was to be the living incarnation of this idea.

This principle contains the programme of our political existence. It is the most progressive and at the same time the most conservative. The most progressive for it takes even the lowliest members of the human family out of their degradation, and inspires them with the elevating consciousness of equal human dignity. The most conservative, for it makes a common cause of individual rights. From equality of rights springs identity of our highest interests. You cannot subvert your neighbor's rights without striking a dangerous blow at your own; and where the rights cannot be infringed, without finding ready defense in all others who defend their own rights in defending his, then, and only then, are the rights of all safe against the usurpation of governmental authority. This general identity of interests is the only thing that can guarantee stability of democratic institutions. Equality of rights embodied in general self-government, is the great moral element of true democracy; it is the only reliable safety-valve in the whole machinery of modern society. There is the solid foundation of our system of government; there is our missive; there is our greatness; there is our safety; there, and nowhere else. This is true Americanism, and to this I pay the tribute of my devotion.

NAE KNEE BAIRN.

OH, hae ye, then, nae knee bairn

Wi' dumpy, dimplit han's,

Wi' fit accoutred in sma' boots,

An' fitfa' like a man's?

An' fitfa' thund'rin roun'

As tho' your ain knee bairn

Had weighed a hunder poun'.

Oh, hae ye, then, nae knee bairn,
 Soon as ye lift the latch,
 Soon as ye touch the stair or floor,
 Your comin' step to catch !
 To catch, an' to ca' out,
 Your toddlin', wee knee bairn,
 Wi' many a peal an' shout.

Oh, hae ye, then, nae knee bairn,
 To clembit for a kiss,
 To pu' your beard, an' tweak your nose ?
 Fu' half of life's in this !
 Fu' half o' life and more
 To hae your ain knee bairn
 A strumpin' roun' the floor.

Oh, hae ye, then, nae knee bairn,
 To hand ye by the ear,
 An' whisper, wi' his pouty lips,
 What nane but you maun hear ?
 But you ! some secret wise,
 The which your ain knee bairn
 Imparts wi' starin' eyes.

Oh, hae ye, then, nae knee bairn,
 To snuggle his roun' head
 Down in your lap, curl up his lim's,
 An' nestle off to bed ?
 An' nestle off as though
 Your ain worn-out knee bairn
 Had naewhere else to go.

Oh, hae ye, then, nae knee bairn ?
 Weal, ye can never ken
 What 'tis to hae him ta'en awa'
 Nor hear him roun' agen ;

Nor hear him roun, but gaun
Frae sight an' sense, your knee bairn,
Ye had sae doated on !

What 'tis to hae a knee bairn
That's clim' out o' your sight ;
Far up along the angel steps,
Aboon the stars o' night ;
Aboon your search or ca',
What 'tis to hae a knee bairn
Ye can na ken at a' !

NATIONAL PECULIARITIES.

BY DAVID LEGARE.

EVERY nation has its peculiarities, and what seems a solemn custom to one has only a tendency to excite the risibilities of another. The Chinaman, doubtless, thinks us a very peculiar people and slaves to some very foolish customs, and if we have bestowed on him the title of "Heathen," there is no reason to believe that he has not applied an epithet as flattering to ourselves. He, like us, is a slave to the customs of his fathers, and if we think not as he thinks, and have not his peculiar visage, let us not be vain of the distinction. The difference between us is more imaginary than real. Like us, he has his tastes and his prejudices, and though there is no accounting for the former, let us not suppose that he has not good substantial reasons to offer for the latter.

His history is your history, and like you, perchance, he is often puzzled at his own existence, and though he has no philosopher like Darwin to trace his lineage

to a baboon, deem not that he has not a pedigree equally illustrious. You Americans are a very strange people, according to a Chinaman's way of thinking, and it is said that when he first arrived in this country he spent the greater part of his time in laughing at you, and when he saw two of your women kiss each other he almost expired. They don't do that in his country, unless they love each other, and then they do it sparingly.

Your women, however, are so different from his that he can't understand them. They are such delicate creatures, so timid, and have such big feet that he is almost afraid to approach them. No later than yesterday, he presented one of your ladies with one of the greatest delicacies of China, a nicely roasted rat, and when she had eaten it, he eloquently discoursed on its tender qualities, when lo! she went into convulsions.

"Such," exclaimed the heathen, with contempt, "are thy women!"

Other nations, if consulted, would doubtless give no better opinion of you. You are wise in your own conceit, and mean enough, Heaven knows! in spite of your free schools and republican institutions. In war, it is true, you have made some progress; you can kill more people scientifically than you could formerly, and in this way you, in a measure, have made war less barbarous, and it must be very consoling for soldiers to know that when killed hereafter in battle it will be in accordance with the most approved rules of science.

In truth, the cannon is a great civilizer. It was used in India with considerable effect, and we can now determine with the certainty of exact science, when a thousand beings are blown from the cannon's mouth, how many will remain forever after quiet?

In your own country "Lo! the poor Indian," has

enjoyed the advantages of your civilized influence—he sleeps with his fathers.

Without doubt you have aided him in the passage to his happy hunting grounds, where perchance he now hunts, unmolested, the phantom buffalo and deer, while you in ecstasy pursue the balance of his phantom race.

This is one of your national peculiarities. All he wanted was “to be let alone.”

Nature placed him among the trees of the forest, and he grew up as free as the eagle, and as straight as the pine, and it is not for me nor for you to say that he was not contented and happy.

True, he lacked some things. He had no dentists, and yet his teeth were good. No rules of diet, and yet he digested his food.

No patent medicines, and yet he lived.

Medicine-men he had, and, if they seldom cured, it can be said to their credit that they rarely killed.

He had no law books, no lawyers.

The former he could not have comprehended—the latter he never would have tolerated.

Difficulties he settled with the scalping-knife; and what did he care about witnesses? The air that he breathed was pure, and his Croton did not belong to the corporation.

His wife held her tongue; and his children went to sleep in the open air without catching a cold in the head, or the measles.

He went out and came home when he pleased; and his wife never asked him impudent questions. In this respect he was “master of the situation.” He carried a scalping-knife. She was quiet without having the blues, and though not very fashionable, yet she painted.

She had but little clothes, and no bonnets, and yet, strange to relate, she seemed perfectly happy. She took her husband for better or for worse, and in this respect she was civilized—she generally found him worse.

She got up in the morning and made the fire without grumbling, and though no advocate of woman's rights yet she enjoyed them—she did most of the work.

She moved too, sometimes, and when moving-day came she carried her house and cooking utensils on her back. You would not call that light house-work, would you?

She did.

She didn't move very often, though—not over fifty or sixty times in a year.

She went first, and the husband followed after, with a scalping-knife in one hand and a tomahawk in the other.

It is singular how quiet the wife was under such circumstances. Husbands! carry a scalping-knife and a tomahawk.

There is something peculiarly sad in the contemplation of these people, and when we remember that they existed even here, it seems more melancholy still.

But their dusky forms are seen no more. Death has sounded their knell, and civilization crows lustily over them.

In this very spot, perchance, some youthful savage may have been educated. Not under the walls of an institute, but under the walls of heaven.

He never studied arithmetic, and grammar never puzzled his brains. Never for punishment did his master seat him among the girls. He never could have lived under the infliction; it would have lacerated his soul.

Doubtless he courted, but he never gained his lady's heart by filling her mouth—he had no confectionery. But he woos no more ; he and maiden alike have disappeared.

His hunting grounds have been turned into cities, and his wigwams have been succeeded by the dwellings of the pale folk.

The green grass and glorious trees have gone also with him, and methinks I now see Civilization, as she watches his receding form, lift up her foot and exclaim, "Get!"

ROQ.

CAVIARE.

HIGH up in the quarter Reconville,
In a chamber that looks to the north,
I sit by the stove in the twilight,
The loneliest soldier on earth.
Little's left but a few tattered volumes,
The shreds of my blue-collared cloak,
And a stuffed dog that sits on the sofa—
That dog was my poor gallant Roq.

I was then a poor hack of a student,
With scarcely a sou of my own,
But, somehow, fate always provided
For me and the youngster a bone.
All day, whilst I read by the window,
He'd sit, on a stool by my side,
Like a bearded philosopher, eyeing
The groups in the faubourg outside.

Sagacious, accomplished, and ready,
He'd balance a quill on his nose,

Fetch a loaf from Desmartin's, the baker,
Or pluck, without spoiling, a rose.
He was even the Cupid that carried
My billets to Geneviève Loque ;
Oh, was there a dog in the empire
A match for my versatile Roq ?

Well, the star of Napoleon was waning,
For the eagles were weary of flight,
And their red wings were scorched up at Moscow,
In the blaze of its funeral night.
Drum and tabor were rattled at Paris, [broke !"
"Give me men," exclaimed France, "or I'm
So we rushed to her standard to save her—
Myself and my jubilant Roq.

Ah, well I remember the evening,
We two fellows went to take leave
Of a friend in the square of St. Simon—
Our darling grisette, Geneviève.
She patted his head, as we parted,
And he looked till his eye almost spoke,
And he stuffed his black nose in her fingers,
The cute, sly, affectionate Roq.

Sharp, sharp, rang the bugles through Paris,
"For Belgium, allons !" was the cry :
Up, up went the blood-plumèd eagles
To flutter an hour in the sky—
Up, up went the dog of my bosom,
On his broad back I buckled my cloak ;
As he tramped at the head of our legions,
The proudest amongst them was Roq.

Ah, curse on the day when the Empire
Was laid in red Waterloo's dust ! /

Ah, curse on the mad deeds in Russia—
A curse on ambition and lust!
For I swear, if our swords kept from hacking
The glorious Republican oak,
Beside me, to-night, sound and living,
Would sit my affectionate Roq.

From morning till evening our legions,
Horsemen, and footmen, and guns,
Were dashed on the squares of the British,
And smashed their array more than once;
For our lancers leapt over their bayonets,
From the deep gulfs of lightning and smoke,
And chief in the midst of the charges
Was my most invincible Roq.

Ere nightfall, our banners were blasted,
And dragged to the ground by defeat;
To the roar of the battle, back thundered
The echoes of fugitive feet.
“Let the guards take the heights!” cried Napoleon,
Alas! ’twas his last master-stroke;
But I carried his words to the marshals—
Myself and my valorous Roq.

Like a dark cloud blown landward from Biscay,
Up the stiff slope the mighty host strode;
On plumage, on helmet, and cuirass,
The rays of the setting sun glowed.
The hill-top was gained, when a hell-fire
From the ranks of the enemy broke,
My right leg was smashed, and a bullet
Was lodged in the heart of poor Roq.

He died, as he lived, like a soldier—
His blooded mouth glued to my face;

He died, as he lived, in his duty,
The glory—the star of his race.
I bore him that night from the battle,
Wrapped stiff in the folds of this cloak ;
O Geneviève ! would that thy promise
Were true as the faith of poor Roq !

A POCKET GYMNASIUM.—The profits from patents on small inventions are practically illustrated by the recent introduction of an elastic tube, about two feet long, fitted with a plug of wood at either end, and a cord running loosely through the tube, fastened at each end by a knot to the plug. The object of this invention is to furnish a portable exercising device, which is inexpensive, and is designed as a substitute for the more complex and costly health-lift apparatus. A patent was secured through this office for the invention, and we are informed that the demand for the device has become so great that the manufacturer finds it difficult to meet it, thus confirming what we have repeatedly stated, that there is always a ready sale for small patented inventions. The article referred to is for persons of sedentary habits, or ladies and children needing physical exercise.—*Scientific American*.

NEW YORK SCHOOL JOURNAL.—Why cannot all our boards of education test the qualities of this simple, inexpensive means of preserving the health of our children, and place it in our schools? The people ought certainly to hail with delight so easy a method of improving the physical condition of the rising generation. It is designed to take the place of Indian clubs, dumb bells, wands, rings, and similar apparatus, and yet is so small of compass as not to occupy a larger space in the pocket than a handkerchief or a pair of gloves. It is graded in seven sizes, to be used either by the feeblest child or the strongest athlete, in so many innumerable movements that every muscle in the body can be exercised to its fullest extent. The inventors have certainly produced the all-in-all for the purpose designed.

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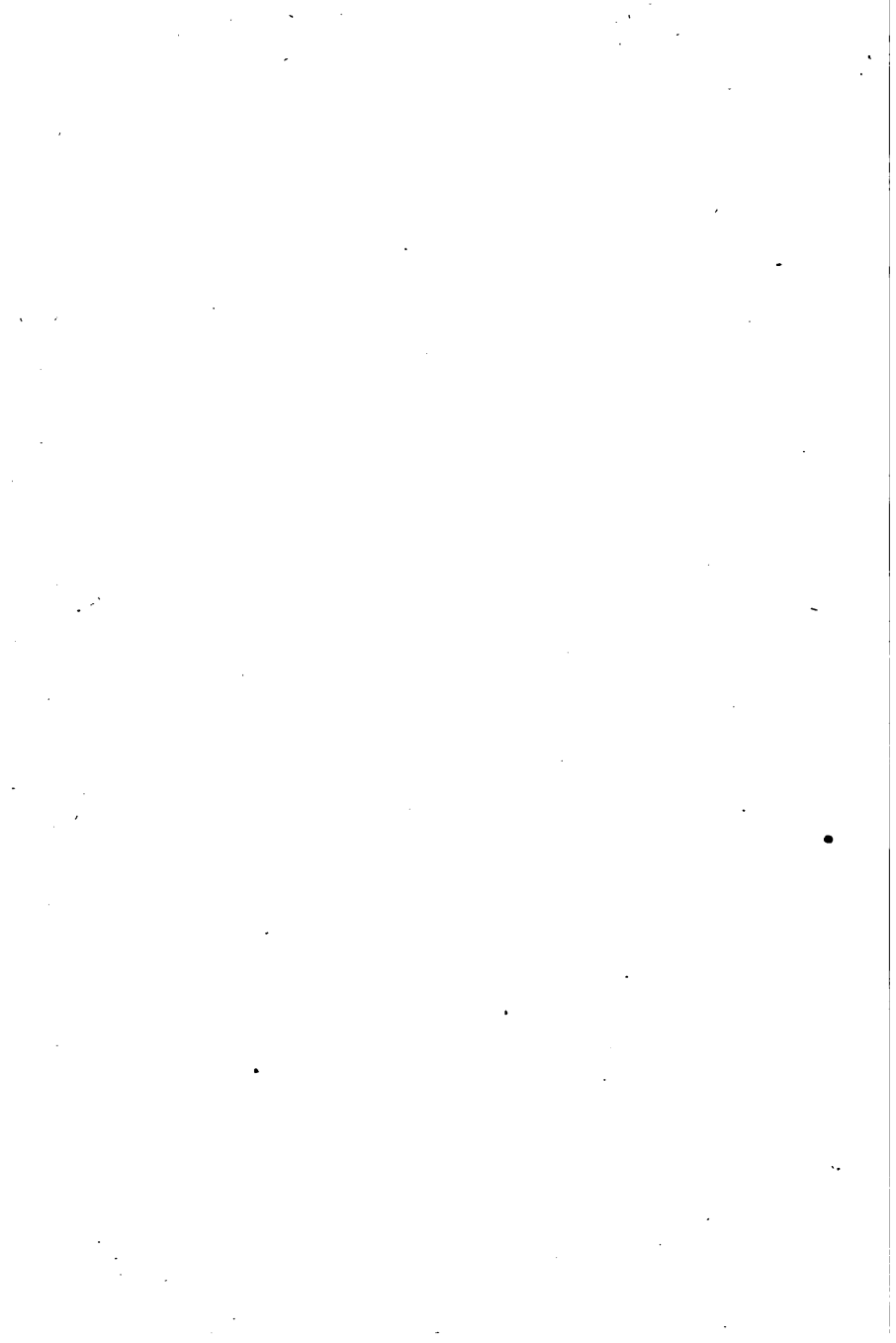
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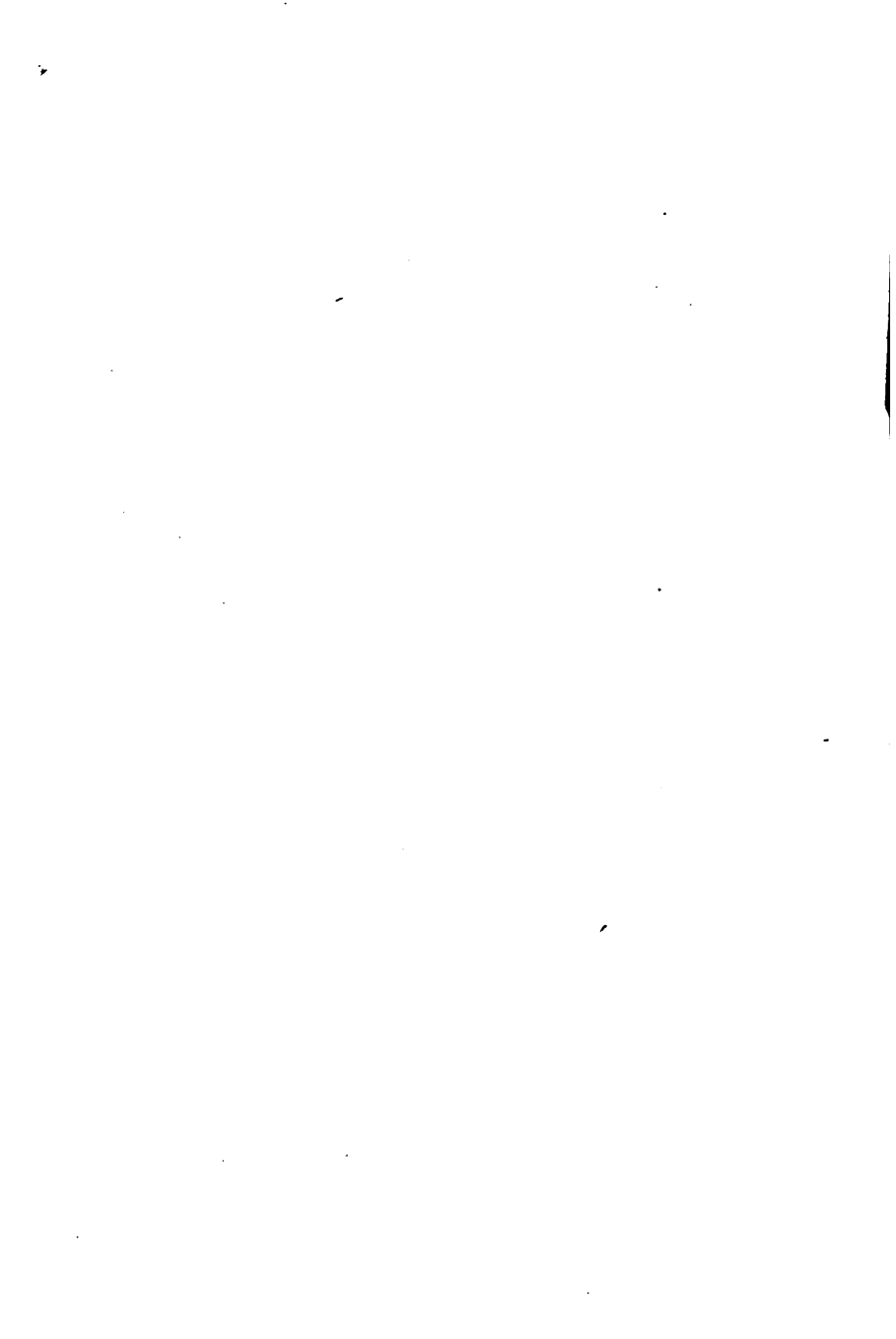
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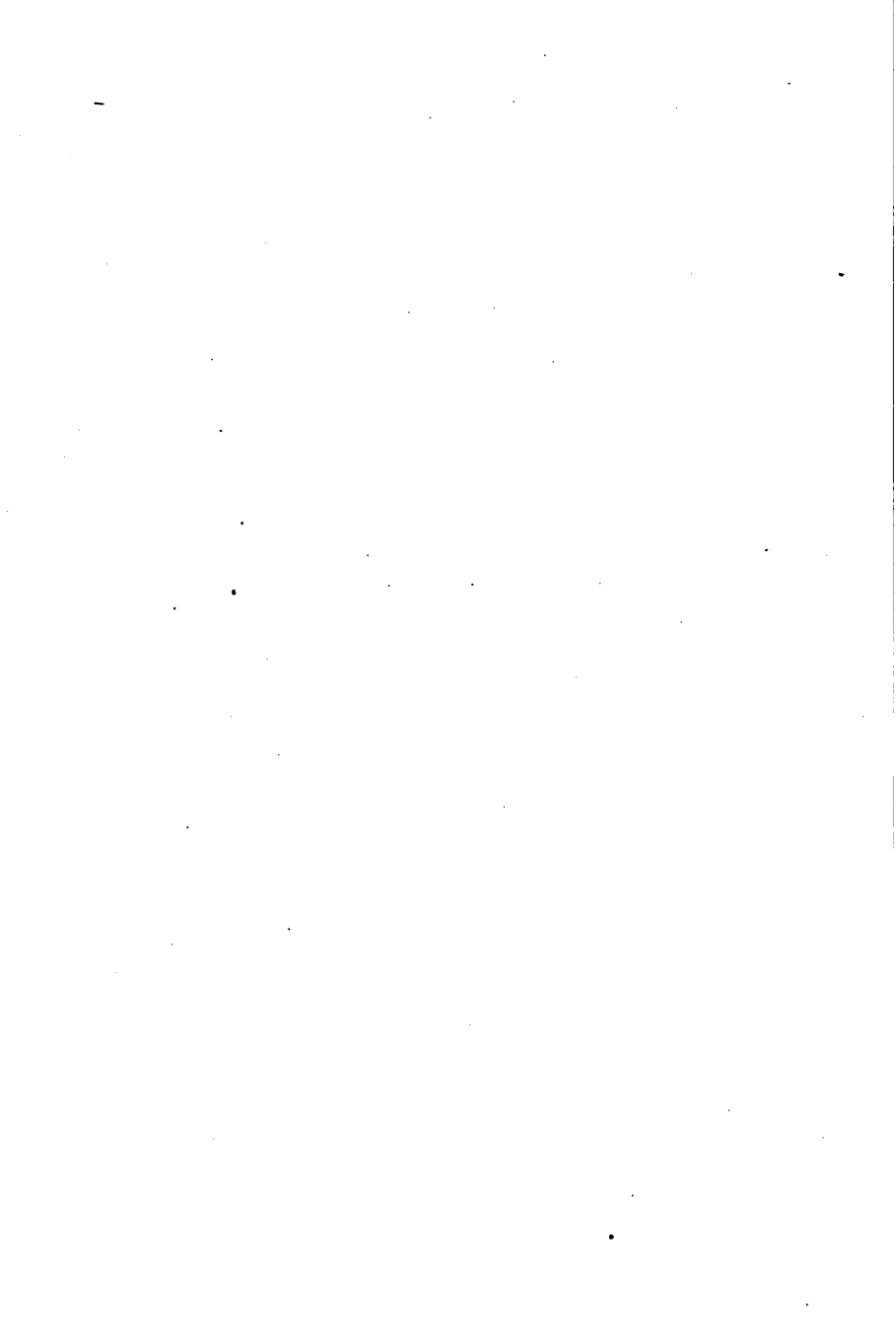
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